



MARIA REGINA
CATHOLIC PRIMARY SCHOOL
AVALON

Canteen Menu 2020

Canteen Opening Hours

Monday & Friday

Recess: 10:45am - 11:05am

Lunch: 1:00pm - 1:50pm

QKR

ONLINE ORDERS ONLY

Prior to 8.30am each day, via the QKR app on your device or

<https://qkr.mastercard.com/store> on your PC

Canteen Days Monday & Friday

Forgotten Morning Tea

Should your child forget their morning tea a piece of fruit will be given & charged at \$1.00 a piece. This is to be paid via the Canteen IOU the next day,

Forgotten Lunch

Should your child forget their lunch, a sandwich and a piece of fruit will be given. This will be charged at \$5.00 This is to be paid via the Canteen IOU the next day, The Canteen thanks you in advance for your speedy resolution.

Volunteers Needed Please

Parents & Grandparents are welcome to volunteer some time in our Canteen. You can volunteer for a day OR come in to pack lunch orders (12 - 2pm) and serving the kids over the counter. We really rely on our volunteers, so please if you do have some time it would be great to see you in our Canteen.

Pop in for a chat or email us on SMRPA.Canteen@dbb.org.au

Crunch and Sip / Fruit Break

Veggie Sticks With Dip

| | |
|--------------------------|------|
| Carrot | 1.00 |
| Celery | 1.00 |
| Carrot and Celery | 1.00 |
| With Hummus or Guacamole | .50 |

Fruit Option

| | |
|--------|------|
| Orange | 1.00 |
| Apple | 1.00 |
| Banana | 1.00 |

Recess

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|--|------|
| Munch Box- Cucumber, Carrot, Celery, Cherry Tomatoes, Cheese, Crackers & Dip | 4.00 |
| Add Boiled Egg | 4.50 |
| Cheese and Bacon Roll (small) | 1.50 |

Morning Tea and Snacks

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|---|------|
| Banana Bread | 2.00 |
| Cheese & Rice Crackers (E) | 1.00 |
| Crumble (E) <i>Apple/Berry, Oats & Yoghurt</i> | 1.50 |
| Custard Cup (E) <i>(vanilla)</i> | .50 |
| Grissini bread sticks (E) <i>Pizza or Olive Oil 2 for 0.50c</i> | .50 |
| Wholemeal Vegemite Scrolls | 1.00 |
| Homemade Muffins | 1.00 |
| Pikelets (E) | .50 |
| Popcorn (O) | 1.50 |
| Red Rock Deli Chips (E) | 1.00 |
| Rice Cup | .50 |
| Frozen Pineapple | .50 |
| Frozen Watermelon | |
| Apple Slinky | |

Sushi

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|---|------|
| Edamame (E) | 3.50 |
| Sushi (E) | 4.00 |
| <i>Avocado, Cucumber, Teriyaki Chicken, Tuna, Chicken Katsu, Salmon, Vegetable roll</i> | |
| Rice Paper Rolls | 5.00 |
| <i>Chicken or Tuna,</i> | |

Lunch - Hot Food

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|---------------------------------------|------|
| Butter Chicken (Friday Only) | 5.50 |
| Tex Mex Nachos with Gaucamole (O) | 4.00 |
| Chicken Goujons (E) - 4x Chicken | 3.50 |
| Hamburgers (E) Lettuce, Sauce, Cheese | 5.00 |
| Meat Pie (O) - Large | 5.00 |
| - Small | 4.50 |
| Sausage Rolls (O) | 4.50 |
| Sneaky Napoli Sauce with Pasta (E) | 4.00 |
| -Gluten Free Option | 5.00 |
| Lasagne | 4.50 |
| Pizza (E) | 4.00 |
| Fried Rice (E) | 2.00 |
| Steamed Rice with Honey Soy (E) | 4.00 |
| Garlic Bread (E) | 2.00 |
| Fruit Salad (E) | 4.00 |
| Veggie Stick (E) | 1.50 |
| with Dip (E) | 2.00 |

Sandwiches, Rolls & Salads

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|--------------------------------|------|
| Cheese (E) | 3.00 |
| Ham (E) | 3.00 |
| Ham and Cheese (E) | 3.50 |
| Ham, Cheese & Tomato (E) | 4.00 |
| Egg (E) | 3.00 |
| Salad (E) | 3.00 |
| Tuna (E) | 3.50 |
| Chicken (E) | 3.50 |
| Vegemite (E) | 3.00 |
| Vegemite & Cheese (E) | 3.50 |
| Strawberry Jam (E) | 3.00 |
| Honey (E) | 3.00 |
| Salads | 4.00 |
| With Chicken, Tuna, Ham or egg | 4.50 |

Drinks

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|--|------|
| Chill J (E) | 2.00 |
| <i>Sparkling 100% Juice Raspberry, Blackcurrant, Orange/Passion, Lemonade & Watermelon</i> | |
| Juice Bomb (E) | 2.00 |
| <i>Watermelon & Blackcurrant</i> | |
| Juice (E) <i>Apple and A/blackcurrant</i> | 2.00 |
| Flavoured Milk (E) <i>Choc or strawberry</i> | 2.00 |
| <i>Milk (E)</i> | 1.50 |
| Water (E) | 1.50 |

Frozen Treats

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|---|------|
| Frozen Bulla Yoghurt (O) | 2.00 |
| <i>Mango & Strawberry</i> | |
| Ice Mony Freeze Pops (E) | 1.00 |
| <i>Chocolate, TNT Sour Red or Blue</i> | |
| Juicie Tube (E) | 1.00 |
| <i>Wildberry, Tropical & Lemonade</i> | |
| Quelch Fruit Sticks (E) | .50 |

Class Birthdays

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|-------------------------|-------|
| Popcorn x 20 | 12.00 |
| Quelch Fruit Sticks x20 | 10.00 |
| Muffins (48 hrs notice) | 10.00 |

Healthy School Canteen Strategy

All items are 3.5+ star rating
(E) ~ Everyday 3/4 menu
(O) ~ Occasional 1/4 menu