



## Canteen Menu

open Wednesday, Thursday and Friday.



### Recess Snacks

● Banana Bread <b>V CM</b>	\$1.60
● Fruit and Berry Muffin <b>V CM</b>	\$1.50
● Mini Fruit and Berry Muffin <b>V CM</b>	\$0.50
● Anzac Biscuit <b>V</b>	\$0.50
● Pikelet <b>V CM</b>	\$0.50
● Yoghurt and Muesli Cup <b>V CM</b>	\$2.00
● Hot Milo <b>V CM</b>	\$1.20
● Cheesie (Toasted Cheese on ½ roll) <b>V CM</b>	\$1.50
● Pizza (Ham, Cheese & tomato sauce on ½ roll) <b>CM</b>	\$1.80
● Popcorn <b>GF V CM</b>	\$0.50
● Sanitarium Up'n'Go <b>V</b>	\$2.00
● Single serve fruit bowl (Peach) <b>GF V</b>	\$1.50
● Apple (whole) <b>GF V</b>	\$1.20

### Sandwiches (Wholemeal Bread) **CM**

● Vegemite sandwich	\$2.50
● Chicken sandwich	\$3.50
● Ham sandwich	\$3.50
● Tuna sandwich	\$3.50
● Cheese sandwich	\$3.50
● Egg sandwich	\$3.50
● Salad sandwich	\$3.50
Extra fillings available	each
Mayonnaise	+\$0.30
Tomato, lettuce, cucumber, carrot, cheese	+\$0.50
Salad	+\$1.00
Choose a roll, wrap, GF bread or toasted	+\$0.50

### Salad Options **CM**

● Salad Tray (Lettuce, carrot, tomato, cucumber, ½ egg)	\$3.50
– with ham, chicken or tuna <b>GF</b>	\$5.00
– with 4 nuggets	\$4.50
● Rice Paper Rolls <b>GF</b>	\$4.50
● Salad Bag	\$1.00

### Drinks **GF V**

● Juice Box (Orange, Apple, Apple & Blackcurrant, Apple, Mango and Banana)	\$1.50
● Frozen Juice Box (lunch only until 1pm)	\$2.00
● Plain Milk 225mL	\$1.00
● Choc Milk 300mL	\$2.00
● Frozen Choc Milk (lunch only until 1pm)	\$2.50

● Foods and drinks classified as Green are the healthiest choices. They are excellent sources of important nutrients needed for health and wellbeing, and low in saturated fat, added sugar and salt, and are lower in energy density. Can be eaten every day or at every meal.

● Foods and drinks classified as Amber are mainly processed foods. They have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can, in large serve sizes, contribute to excess energy intake. Should be carefully selected and eaten in moderation.

**CM** Canteen Made

**GF** Gluten Free

**V** Vegetarian

### Hot Food

● 4 x Nuggets & Salad Bag	\$4.00
● 5 x Nuggets & Salad Bag	\$4.50
● 6 x Nuggets & Salad Bag	\$5.00
● Hot Chicken and Mayo Roll	\$4.50
● Pasta (Beef) <b>CM</b>	\$4.00
● Mac'n'Cheese <b>V</b>	\$3.50
● Chicken Teriyaki & Rice (Large Serve)	\$6.00
● Fried Rice	\$3.50
● Quiche (Lorraine or Spinach & Feta)	\$3.50
Plus Salad bag	+\$1.00
● <b>Terms 2 and 3 only</b> - Soup (Chicken & Corn)	\$3.50
Plus ½ Bread roll or slice of GF Bread	+\$0.50
Tomato, BBQ, Mayonnaise or Chili Sauce	\$0.30

### Daily Specials

Wednesday	● Hot Dog	\$4.00
Wednesday	● Cheeseburger	\$5.50
Wednesday	● Hamburger	\$5.00
Thursday	● Nachos	\$4.00
Thursday	● Pizza (Bacon Blitz, Hawaiian, Vegetarian)	\$4.00
Friday	● Spinach & Ricotta Roll <b>V</b>	\$4.00
Friday	● Party Pie	\$1.50
Friday	● Pie (Meat or Potato)	\$4.00
Friday	● Pastie	\$4.00
Friday	● Sausage Roll	\$3.50
Friday	● Gluten free Roll <b>GF</b> (Ricotta and vegetable)	\$4.00
Friday	● Pre-ordered* Sushi (5 pieces)	\$5.00
Friday	● Pre-ordered* Sushi (8 pieces) (Chicken, Tuna, Salmon, Californian or combo)	\$6.50

\* Sushi must be pre-ordered on Wednesday or Thursday

### Frozen Treats (from 12.50pm)

● ½ Quelch Fruit Stick <b>GF</b>	\$0.30
● Quelch Fruit Stick <b>GF</b>	\$0.60
● Bulla Lite Bucket	\$1.60
● Moosies	\$1.60

### Note

Please write your child's name, year level, room n<sup>o</sup>. & teacher name, along with their order, on a paper bag, with money enclosed. Lunch order baskets are located in each classroom.

Exact change is appreciated (but if not possible change is taped to your child's bag). Paper bags are available at the canteen for 10c.

Orders can also be placed via [www.quickcliq.com.au](http://www.quickcliq.com.au) until **9am** each day.

Volunteers are required to help the canteen run each day. The roster is located outside the canteen window, where you can add your name, or you can contact Yvette with your available dates on: [canteenvolunteers@deanmorepandc.org.au](mailto:canteenvolunteers@deanmorepandc.org.au)