

The Munch Room

Canteen menu – TERM 1 2020

Open Wednesday, Thursday and Fridays for Recess and Lunch

Our Munch Room Canteen is open Wednesday, Thursday and Friday from 8am. The canteen is located at the back of the school in the undercover area. Simply visit the counter and fill a recess or lunch order on the bags provided before 9am. We have an express drop off box up at the canteen counter for those mornings when it's a bit busy. **Please try and have exact change in the bags.**

We are very excited to offer online ordering. Visit the website www.quickcliq.com.au and fill in the registration form by entering your details and your children's details. Once you have received the confirmation email you are ready to add credit to your account and place your orders online. You can order up to 28 days in advance.

Year 1-6 may order recess items and then they are to visit the canteen to collect their orders at the beginning of recess. As Kindy and Pre-primary are not released they are unable to order recess items or after lunch items. All lunch orders will be delivered to the students classrooms.

*****For the safety of your children please inform canteen staff of any food allergies*****

😊 Green: recommended for everyday consumption

😐 Amber: sometimes food. Not recommended for everyday consumption

☹️ Red: not permitted on menu

GF indicates gluten free option

V indicates vegetarian



All recess and lunch items **must be pre ordered**. After lunch items (juicy fruit stick, frozen yoghurts and ice creams) can't be pre ordered, they can be purchased from the canteen when released by teachers after eating their lunch.

Thank you to all our volunteers as the canteen could not operate without you. If you have any available time and would like to help out please fill out a volunteer form found at the front office or please text Amber, Canteen Manager, on 0428 750 376 any help you can provide will be greatly appreciated.

AVAILABLE Wednesday only

Hot Dog & Sauce	\$4.00
Hot Dog & Sauce with Flavoured milk	\$6.00
Ham & Cheese Pie (ham, cheese and eggs cooked between two slices of crunchy golden bread in the pie maker)	\$3.50

AVAILABLE Thursday only

Sausage Roll	\$3.00
Party Pie's	\$1.10
Sausage Roll with a Juice Box	\$5.50
Tomato or BBQ Sauce	.30c
Chicken & Corn Noodles (noodles cooked in a chicken broth mixed through some shredded chicken, grated carrot and corn. No liquid will be served with these noodles)	\$3.50

AVAILABLE Friday only

Nacho's (gf) (corn chips, mild salsa & cheese)	\$4.20
Ham & Cheese Pizza (Add sliced tomato or pineapple)	\$4.00 .30c .50c
Munch Burger (roll topped with a homemade beef pattie, filled with hidden nutrients, fresh salad and tomato sauce) additional add on available	\$4.50

AVAILABLE EVERY CANTEEN

OPEN DAY

Recess

Pikelet (2 per serve)	\$1.00
½ Baked Bean Jaffle	\$1.50
Popcorn (GF)	.70c
Cheese & Crackers	\$1.50
Apple	\$1.20
Apple Slinky	\$1.50
Yoghurt (Strawberry or Vanilla)	\$2.00
Pizza Bread	\$1.50
Cheese Melt (v) (additional add on available)	\$1.00
Sweet Chilli	
Chicken Strip (max 2)	\$2.00
Hash Brown (max 3)	\$1.00
Yogo (GF)	\$2.50

Recess Combo's

Apple Slinky & Popcorn (GF)	\$1.80
Popcorn & Milo	\$1.60
Apple Slinky, Cheese & Crackers	\$2.50
½ Bake Bean Jaffle & Milo	\$2.20
Savoury Snack Box	\$3.00
Sweet Snack Box	\$3.00
Pizza bread & Milo	\$2.20

After lunch Items

½ Icy pole	.50c
Full icy pole	\$1.00
Ice Cream	\$2.00
Frozen Yoghurt	\$2.50

Toasted Sandwiches

Ham, Cheese, Tomato	\$3.80
Ham & Cheese	\$3.50
Ham or Chicken	\$3.00
Chicken & Cheese	\$3.50
Chicken Cheese, Tomato	\$3.80
Cheese	\$3.00
Cheese & Tomato	\$3.30
Baked Bean Jaffle (v)	\$3.00

Lunch Combo's

Chicken or Ham	\$5.50
Salad Sandwich with a Flavoured Milk	
Ham & Cheese Toasted	\$5.50
Sandwich with a Flavoured Milk	
Cheese Toasted	\$5.00
Sandwich with a Flavoured Milk	

Hot Foods

Hash Brown Wrap (v)	\$5.00
(Two golden hash brown in a wholegrain wrap topped with fresh salad and mayo)	
Sweet Chilli Chicken Strip	\$4.00
Roll with Salad (A Sweet chilli tender in a hot dog roll with lettuce, carrot, cucumber, tomato, mayo)	
Hot chicken roll	\$4.00
(Crispy warm hot dog roll filled with real breast chicken shredded through a herb mayo sauce,)	
Corn Cob (GF)	\$1.00
Chicken Nuggets & Salad	\$4.00
4 nuggets served with a mixed salad of lettuce, carrot, cucumber, tomato)	

Sandwiches/ Rolls

All sandwiches and rolls made on wholemeal bread unless white requested

Wrap or Rolls add \$1.50 to price

Vegemite	\$1.00
Vegemite & Cheese	\$1.30
Ham or Chicken	\$3.00
With Salad	\$4.00
With Cheese & Salad	\$4.50
With Cheese & Tomato	\$3.80
With Cheese	\$3.50
Cheese	\$3.00
With Salad	\$4.00
Salad	\$3.00
<u>Wrap or Rolls add \$1.50 to price</u>	

Extra's

Cheese	.50c
Mayo	.30c
Tomato or BBQ Sauce	.30c
Extra Salad Items (tomato, cucumber, lettuce, carrot, cheese each)	.30c
ALL Salad ingredients	\$1.00
Gluten Free Bread	\$2.00
Pineapple	.50c

Drinks

Milo (recess only)	\$1.00
Fruit smoothie (recess only)	\$1.50
300ml Flavoured milk (Chocolate, Strawberry, Banana)	\$2.50
Plain Milk	\$2.00
Water	\$1.00
250ml Juice Box (Apple & Blackcurrant, O.J or Tropical)	\$2.00

**WATCH FOR SPECIALS THROUGHOUT
THE TERM**

