



**Canteen is open MONDAY, WEDNESDAY & FRIDAY. Lunch orders only.**  
**Order from the Compass Canteen dashboard by 8.30am.**

## Sandwiches, Rolls, Jaffles & Potatoes

	\$
Wholemeal Sandwich .....	2.30
Wholemeal Roll .....	2.50
Hot Jaffle .....	3.20
Salad Box (Tomato, Lettuce, Carrot & Cucumber) .	3.50
Hot Cheese Roll .....	3.80
Baked Potato .....	3.50

### **Add any of these fillings:**

	\$		\$
Chicken .....	1.60	Vegemite .....	.50
Ham .....	1.20	Tomato .....	.30
Tuna .....	1.20	Lettuce .....	.30
Egg .....	1.60	Carrot .....	.30
Cheese .....	.50	Beetroot .....	.40
Baked Beans .....	1.00	Cucumber .....	.30
Spaghetti .....	1.00	Coleslaw .....	.60
Salsa .....	.40	Mayo .....	.20

## Hot Stuff

Lasagne .....	4.80
Samosa (vegetable) .....	2.00
Pizza – Ham & Pineapple .....	3.50
Pizza – Cheese & Bacon .....	3.50
Pizza – Margherita .....	3.50
Dim Sim (steamed) .....	1.00
Corn on Cob .....	1.00
Mini Margherita Pizza Muffin .....	2.00
Chicken Burger (wholemeal roll, carrot & lettuce)	5.00
Sausage Roll .....	3.50
Pastie (vegetable) .....	4.00
Rainbow Rice (vegies & soy sauce) - FRIDAY ONLY	3.50
Tomato Sauce / Soy Sauce / Wasabi .....	.20

### **Good Food Hero** (meals are 220g)



Butter Chicken (gluten free) .....	5.50
Beef Korma with Basmati Rice (gluten free) .....	5.50
Bolognese Pasta Bake .....	5.50
Coconut Chicken Thai Curry and Jasmine Rice ..	5.50
Macaroni Cheese .....	5.50



## Sushi

(Wednesday & Friday only)

Tuna .....	3.80
Chicken Teriyaki .....	3.80
Californian .....	3.80
Vegetarian .....	3.80



## Munchies

Fruity Nibble Mix .....	2.00
Fresh Fruit Salad - NOT TERM 3 .....	3.00
Veggie Sticks & Hummus .....	3.00
Boiled Egg in Lettuce Leaf .....	2.50
Cheese Cubes & Rice Crackers .....	2.00
Yoghurt Cup (vanilla) .....	1.80
Yoghurt & Berries (vanilla) .....	2.00
Popcorn .....	1.40
Gingerbread Kids .....	2.00
Slinky Apple .....	1.00



## Frozen Stuff

Frozen Orange Juice (90ml) .....	1.00
Orange Smile (frozen quarter orange) .....	.60

### **Collect from Canteen with stamped bag:**

Streets Paddle Pop – banana, chocolate, or rainbow .....	1.80
Quelch Fruit Stick (99% juice) .....	.80
Frozen Yoghurt .....	1.80



## Drinks

Just Juice - Apple or Orange (200ml) .....	2.00
Milk - Chocolate or Strawberry (200ml) .....	2.00
Plain Milk (300ml) .....	2.00
Still Water (300ml) .....	1.80





- ❖ Lunches **ordered online** via the Canteen dashboard in Compass. Refer to the Parent Guide accessible on our school website for instructions about placing a Canteen lunch order.
- ❖ Orders must be placed **not later than 8.30am** on the day required.
- ❖ Orders for multiple days can be placed in one booking.
- ❖ Cancellations must be processed by 8.30am on the day of the order.



- ❖ The Canteen is managed by our Canteen Manager, Maria Vlahos. Parent/guardian/family volunteers are required each Canteen day to assist with preparation and distribution of lunch orders. *Note:* you must have a current Working with Children Check to volunteer.
- ❖ Volunteers are required on Monday from 11.15am to 1.45pm, Wednesday from 9am to 1.45pm, and Friday from 9am to 1.45pm.
- ❖ Complete the Canteen Volunteer Request and return to the School Office if you are able to go on the Canteen roster. The request is distributed at the start of each school year, or accessible on Compass from School Documentation under the Community menu, to advise your availability.



- ❖ Nutritional information is available in the Canteen.



### **Suppliers**

Drinks – LD&D Australia

Good Food Hero meals ([www.goodfoodhero.com.au](http://www.goodfoodhero.com.au)) – KG Foods



*Healthy food is our focus*

