

Crunch & Munch Canteen Menu



Providing lunch orders on **MONDAY, WEDNESDAY & FRIDAY.**

Order online on the Compass Canteen dashboard by 8:30am.

\$

Sandwiches, Rolls & Salads

Salad BOX (Tomato, Lettuce, Carrot & Cucumber) AF	4.20
Wholemeal Roll AF	3.00
Wholemeal Sandwich AF	2.50

Hot Food

Baked Potato AF	4.00
Chicken Burger (wholemeal roll, carrot & lettuce)	5.80
Corn on Cob	1.00
Dim Sim (steamed)	1.20
Hot Cheese Roll AF	4.00
Jaffle AF	4.50
Mini Margherita Pizza Muffin	2.50
Party Pie (beef)	1.90
Pastie (vegetable)	4.20
Pizza – Ham & Cheese	3.50
Pizza – Ham & Pineapple	3.50
Pizza – Margherita	3.50
Samosa (vegetable – 2 pieces)	2.00
Sausage Roll	3.60

Fillings

Fillings for sandwiches, rolls, jaffle, salad box, baked potato
(items marked AF)

	\$		\$
Chicken	1.80	Tomato	.40
Ham	1.40	Lettuce	.40
Tuna	1.40	Carrot	.40
Egg	2.50	Beetroot	.50
Cheese	.80	Cucumber	.40
Baked Beans	1.20	Coleslaw	.80
Spaghetti	1.20	Mayo	.30
Vegemite	.50		

Condiments

Tomato Sauce	.20
Soy Sauce	.20

GF = Gluten Free

AF = choose your Fillings from the listed options

\$

Meals

Butter Chicken GF	5.80
Beef Korma GF	5.80
Bolognese Pasta Bake	5.80
Cheesy Vegetable Pasta Bake	5.80
Coconut Chicken Curry	5.80
Lasagne	4.80
Macaroni & Cheese	5.80
Vegetarian Fried Rice with Tofu	5.80



Sushi

(Wednesday & Friday only)

Avocado	4.50
Californian	4.50
Chicken Teriyaki	4.50
Tuna	4.50



Munchies

Boiled Egg in Lettuce	3.20
Cheese Cubes & Crackers	3.50
Fruit Nibble Mix	2.30
Fruit Salad (not available Term 3)	3.60
Gingerbread Kid	3.00
Popcorn	1.90
Slinky Apple	1.20
Veggie Sticks & Hummus	3.40
Yoghurt Cup (vanilla)	3.00
Yoghurt & Berries	3.50



Frozen Treats

Frozen Orange Juice (90ml)	1.00
----------------------------	------

Collect from Canteen with stamped bag:

Frozen Yoghurt	1.80
Quelch Fruit Stick	.80
Streets Paddle Pop (banana/chocolate/rainbow)	1.80



Drinks

Apple Juice (200ml)	2.00
Orange Juice (200ml)	2.00
Milk (200ml)	2.10
Chocolate Milk (200ml)	2.10
Strawberry Milk (200ml)	2.10
Water – Still (300ml)	1.80



Healthy food is our focus





- ❖ Order lunch from the Canteen **online** on the Canteen dashboard in Compass. Refer to the Compass Parent Guide accessible on our school website for instructions if required.
- ❖ Orders must be placed **not later than 8:30am** on the day required.
- ❖ Lunches for multiple days can be placed in one order.
- ❖ Cancellations must be applied by 8:30am on the day of the order. Funds will be available to apply to a future order. Alternatively, the order can be held over to a later date; contact the School Office to organise.
- ❖ Our Canteen provides ordered lunches only. No over the counter sales.



- ❖ Our Canteen Manager is Maria Vlahos.
- ❖ Parent/guardian/family volunteers are required each Canteen day to assist with preparation and distribution of lunch orders. Canteen volunteers are required to comply with the EHPS Child Safe and related policies (hold a current Working with Children Check, signed the Child Safety Code of conduct and completed the OH&S induction for volunteers).
- ❖ Volunteers are required on Monday from 11:15am to 1:45pm, Wednesday from 9am to 1:45pm, and Friday from 9am to 1:45pm.
- ❖ To volunteer for the Canteen roster, complete the Canteen Volunteer Request online form accessible in your Compass News Feed at the start of each term.



- ❖ Nutritional information is available in the Canteen.



Suppliers

Drinks – LD&D Australia

Good Food Hero meals (www.goodfoodhero.com.au) – KG Foods



Healthy food is our focus

