

SUMMER MENU - Term 4 2019 & Term 1 2020

| RECESS | \$ |
|--|-----------|
| A* Big Biscuit – Freshly Baked Oat & Coconut (Tues) | 1.00 |
| A* Fruit Muffin – Freshly Baked (Thurs) | 1.00 |
| G* Rice bubbles with milk (GF) NEW | 1.00 |
| G* Pikelets - plain or buttered (2 pikelets) | 1.00 |
| G* Frozen watermelon popsicle (GF) | 1.00 |
| G* Apple Slinky (GF) | 1.00 |
| G* Popcorn Cup (plain air popped) (GF) | 1.00 |
| G* Trail Mix (popcorn, sultanas, apricots, pepitas) (GF) NEW | 2.00 |
| A* Cheesie Melts: Cheese/Vegemite/Tomato & Vegemite | 2.00 |
| G* Yogurt Cup (Vanilla or Strawberry) (GF) | 2.00 |
| G* Snack Pack with rice crackers, cheese, 5 seasonal vegetable sticks & 1 fruit (please specify if you would like olives) (GF) | 3.50 |

| DRINKS | |
|--|------|
| A* Plain Milk (full cream 300ml or soy) | 1.50 |
| A* Plain Milk with <i>Sipahh</i> straw | 2.00 |
| A* 100% Juice Box: Orange, Tropical, Apple or Apple & Blackcurrant | 2.00 |
| G* Chilled Bottled Water 600mL | 2.00 |

| AFTER LUNCH (Not available for Kindy or Pre Primary) | |
|---|------|
| A* Half Icy Pole | 0.50 |
| A* Whole Icy Pole | 1.00 |
| A* Frozen Yogurt popsicle - Vanilla or Strawberry NEW | 1.00 |
| A* Slushies - Small | 1.00 |
| A* Slushies -Large (<i>bring your own cup and straw for discount</i>) | 2.00 |
| A* Paddle pop icecream (<i>may contain traces of nuts</i>) | 2.00 |

Please note: Prices are as stated. We are happy to make special orders by leaving out ingredients (where possible) but the full price must still be paid.

Please note any allergies or dietary restrictions on your order

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|--|
| GF Gluten Free |
| H Halal - Certified Halal On Packaging |
| V Vegetarian |
| G* Green Star Choice Product - Everyday |
| A* Amber Star Choice Product - No more than 2 times a week |
| RM Ready Made Product (unable to make special order) |

| EVERYDAY LUNCHES | \$ |
|---|-----------|
| <i>Bread available in wholemeal, white, multigrain or gluten free</i> | |
| <i>Wholemeal will be given unless specified</i> | |
| SANDWICHES | |
| V Buttered Bread | 2.00 |
| V Vegemite | 2.50 |
| V Cheese | 3.00 |
| Ham | 3.00 |
| G* Tuna | 3.00 |
| Diced Chicken | 3.00 |
| G* Egg | 3.00 |
| V Vegemite and Cheese | 3.00 |
| Toasted | 0.50 |
| G* With Salad (lettuce & carrot) | 0.50 |
| G* Extras: tomato/cheese/pineapple/beetroot/olives (<i>each</i>) | 0.50 |
| G* Extra protein: ham/tuna/chicken/hommus or egg (<i>each</i>) | 1.00 |
| Sauce on sandwich (BBQ, mayo or tomato) | FREE |
| G* SALAD BOWLS | |
| Fresh Garden Salad | 4.50 |
| A choice of Cheese, Hommus, Egg, Tuna, Ham, Diced Chicken, GF Chicken Tender or Crumbed Fish with lettuce, carrot, celery, capsicum, beetroot, cucumber, tomato and a slice of buttered bread | |
| G* Greek Salad | 4.50 |
| Lettuce, cucumber, celery, capsicum, tomato, olives, tuna & feta cheese with wholemeal pita bread | |
| G* WRAPS | |
| A choice of Hommus, Ham, Tuna, Cheese Diced Chicken, GF Tender or Crumbed Fish with lettuce, carrot and mayo wrapped in a tortilla | |
| Extras: tomato/cheese/pineapple/beetroot/olives | 0.50 |
| G* SNACK PACK (As per recess) | 3.50 |
| Add: GF Chicken Tender, Crumbed Fish, Ham, Egg or Hommus | 1.00 |
| G* HOT FOODS - all Green Star Choice Products (BYO Forks!!!) | |
| V Homemade Spiced Indian Rice & Lentils (GF) | 4.00 |
| V Homemade Mac & Cheese (GF option available) | 4.00 |
| Homemade Pasta Bolognese (Beef) (GF option available) | 4.50 |
| Homemade Teriyaki Chicken Noodle | 4.50 |
| RM Potato and Ham Bake | 4.50 |
| RM Curry Chicken with Saffron Rice (GF) | 4.50 |

| DAILY LUNCH SPECIALS | \$ |
|---|-----------|
| MONDAY | |
| A*/RM FISH 'n' CHIPS - Crumbed fish with oven baked chiiips. | 4.00 |
| H | |
| A*/RM CHICKEN 'n' CHIPS - Tempura popcorn chicken with oven baked chips. | 4.00 |
| EXTRA fish/chicken portion | 2.00 |
| TUESDAY | |
| G* SUSHI HAND ROLL (GF) | 4.00 |
| Home made uncut sushi roll. Chicken katsu, Tuna or Vegetarian. | |
| A*/RM CHICKEN TENDERS (GF) | 2.00 |
| WEDNESDAY | |
| V MARGHERITA PIZZA (Cheese and sauce only) | 3.50 |
| A* HAPPY FACE PIZZA - Chicken with bbq sauce, pineapple and cheese on wholemeal pita bread with tomato eyes and a capsicum mouth. | 4.00 |
| A* HAPPY FACE PIZZA - Bolognese (beef) sauce and cheese on wholemeal pita bread with tomato eyes and a capsicum mouth. | 4.00 |
| NEW | |
| THURSDAY | |
| A* BURGER - Beef, chicken or Vegie pattie with tomato sauce, mayo or bbq sauce and lettuce & carrot on a hamburger bun. | 4.00 |
| Extras: tomato/cheese/beetroot (<i>each</i>) | 0.50 |
| A*/RM CHICKEN TENDERS (GF) | 2.00 |
| FRIDAY | |
| A*/RM PARTY PIE (Beef) | |
| 1 pie | 1.50 |
| 2 pies | 2.50 |
| A*/RM SAUSAGE ROLL | |
| Beef | 3.00 |
| V Spinach & Cheese | 3.00 |
| Chicken & Cheese NEW | 3.00 |
| A*/RM BIG BEEF PIE | 4.00 |
| TOMATO SAUCE PORTION (<i>each</i>) | 0.50 |

HOW TO COMPLETE A LUNCH ORDER

The Canteen's preferred option is online orders, however we can still accept cash orders via classroom lunch baskets. No credit available.

Online – www.QuickCliq.com.au Orders need to be placed by 9.15am on the day the lunch is required and can be made up to 2 weeks in advance. Any queries, please refer to QuickCliq helpdesk on 1300 11 66 37.

Lunch Baskets - Please clearly write your child's name, teacher, classroom number and order on an envelope. Place money inside the envelope and seal carefully (correct amount appreciated). Place the order in the classroom basket.

Your child's lunch will then be placed in a lunch bag and the order, receipt and change (if any) will be stapled to the bag.

Please do not use your own lunch bags to order your child's lunch as money is easily lost. Sealed envelopes are much more secure.

IMPORTANT NOTICES

Most orders are placed in the class basket and returned to the classroom.

Recess orders, icy poles, ice-creams and slushies must be collected from the canteen.

Please remind your child that it is their responsibility to collect these items on the day they are ordered.

The canteen **is not** financially responsible for items not collected.

Late orders disrupt the running of the canteen; please make sure your order is in the class lunch basket on time. We know this is sometimes hard but if lunch orders are not in by the start of recess then we will not be able to fill them. In these cases only a basic sandwich can be supplied.

If your child has a problem with their canteen order, please remind them to go to the canteen where we will try our best to sort things out.

Dear Parents/Caregivers

Our Canteen is committed to providing delicious healthy meals at reasonable prices. From time to time we have to increase our prices to cover our increasing costs. We strive to keep these increases as small as possible and continue to offer great food choices at great prices.

Canteen volunteers always needed. Please see our canteen organisers or call 9462 6705 to put your name on the roster if you can help.

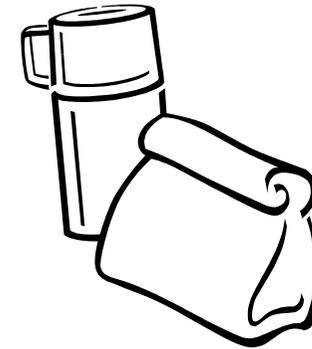
As part of our ongoing commitment to deliver the most wholesome food and cater to the increasingly diverse population of students at MPPS the canteen has put together a list of foods that meet different dietary requirements. Our menu includes Vegetarian and Gluten Free options. Please refer to the key to make ordering easier. If you have any queries or recommendations we encourage you to contact the canteen.

We are a nut-free canteen to reduce the risk to our students with serious nut allergies. However should your child have any other dietary issues please check with our friendly staff about the ingredients in our food.

Kind regards,
The P&C Committee

Maylands Peninsula Primary School

TUMMY RUMBLES CANTEEN



SUMMER MENU

Term 4 2019 & 1 2020

**Any queries please contact your
Canteen Organisers.
Helen or Charlotte
9462 6705**