Kelmscott Primary School Term 3 2023 Canteen Menu

Please note the Canteen does not accept \$50 or \$100 notes.

OPEN: Tuesday, Wednesday, Thursday & Friday

Drinks

Orders are to be prepaid or ordered online by 8.50am. Canteen Phone Number: 9390 5429

| Canteen Filone Number. 3330 3423 | |
|--------------------------------------|--------|
| Before School | |
| (8.15 – 8.50am only) | |
| Pikelets (Maximum of 4) | 50c |
| Up & Go (Chocolate, Vanilla, Banana) | \$2.50 |
| Hot Chocolate | \$2.00 |
| Popcorn | 50c |
| <u>Snacks</u> | |

Online Ordering: www.quickcliq.com.au

(To be purchased at Lunch or they can be ordered before school to be collected at lunch time.

These can also be collected at lunch time and students can put them aside in their bag to eat at afternoon recess).

| Apple Slinky | \$1.00 |
|----------------------------------|--------|
| Popcorn | 50c |
| Muffin (Mini) | 50c |
| Muffin (Large) | \$1.50 |
| Fresh Fruit Cup (Seasonal Fruit) | \$2.50 |

Traffic Light System

Why are the items coloured green and orange?

We follow the Traffic Light System and foods in green are foods that should be eaten often, while foods in orange should be limited and chosen carefully. Foods in red should not be on our menu. (We have no red items).

| <u>Available Everyday</u> | | | | | |
|---|--|--|--|--|--|
| (Standard Salad: Lettuce, Tomato, Cucumber, Carrot) | | | | | |
| Gluten Free 50c extra | | | | | |
| (If ordering Gluten Free online look under the "Gluten Free Tab") | | | | | |

| | <u>Sandwiches</u> | <u>Wrap</u> |
|-----------------|-------------------|-------------|
| Vegemite | \$2.00 | \$2.50 |
| Salad | \$3.00 | \$3.50 |
| Cheese & Salad | \$4.00 | \$4.50 |
| Ham & Salad | \$4.00 | \$4.50 |
| Chicken & Salad | \$4.50 | \$5.00 |
| Tuna & Salad | \$4.00 | \$4.50 |
| Egg & Salad | \$4.00 | \$4.50 |

| Toasted Sandwich | <u>ies</u> | Salad Bowl | | |
|-------------------------|------------|----------------------|--------|--|
| Cheese | \$3.50 | Salad Bowl | \$5.50 | |
| Ham & Cheese | \$4.50 | Ham & Salad Bowl | \$6.00 | |
| Ham, Cheese & Tomato | \$5.00 | Tuna & Salad Bowl | \$6.00 | |
| Chicken & Cheese | \$5.00 | Chicken & Salad Bowl | \$6.50 | |
| Cheese & Tomato | \$4.00 | | | |

Corn Cobette \$1.00 Sandwich extra's (please write on your order or use the extra section to make

your selection when using online ordering)

Mayonnaise 40c Cheese 50c Tomato Sauce 40c

Salad Bowl extra's

Boiled Egg 60c Mayonnaise 40c Cheese 50c

| <u>Drinks</u> | |
|--|-----------------------------------|
| 600ml Water | \$1.60 |
| 300ml Flavoured Milk | \$3.00 |
| Fruit Juice | \$2.00 |
| Apple, Tropical, Apple & Blackcurrant) Chill J Grape, Raspberry, Lemonade, Watermelon) | \$2.30 |
| Up & Go (Chocolate, Vanilla, Banana) | \$2.50 |
| Ice Creams/Icy Poles | |
| ½ Icy Fruit Stick Icy Fruit Stick Paddle Pop (Chocolate or Rainbow) Lite Vanilla Bucket | 50c \$1.00 \$2.00 \$2.00 |

Volunteers are needed every day!

You can help once a week, once a fortnight, once a month, or as often as you want too! Help from approx. 8.30 am -11.30am.

If you are interested in helping in the canteen, please let Jen know and we can organise putting you on the roster.

Daily Lunches

These items are limited to the day they are allocated too only. They cannot be supplied on other days.

| <u>Tuesday Only</u> | | Wednesday Only | | Thursday Only | | Friday Only | |
|--------------------------------------|--------|--------------------------------------|--------|--|------------|--|--------|
| Spaghetti Bolognese | \$5.00 | Beef Burger & Salad | \$6.00 | Spaghetti Bolognese | \$5.00 | Chicken Burger & Salad | \$6.50 |
| Macaroni Cheese | \$5.00 | Spaghetti Bolognese | \$5.00 | Macaroni Cheese | \$5.00 | Spaghetti Bolognese | \$5.00 |
| Butter Chicken & Rice (GF available) | \$5.00 | Macaroni Cheese | \$5.00 | Butter Chicken & Rice (GF available) | \$5.00 | Macaroni Cheese | \$5.00 |
| Fried Rice (GF & Vegetarian) | \$5.00 | Butter Chicken & Rice (GF available) | \$5.00 | Fried Rice (GF & Vegetarian) | \$5.00 | Butter Chicken & Rice (GF available) | \$5.00 |
| Hot Dog (with Tomato Sauce) | \$4.00 | Fried Rice (GF& Vegetarian) | \$5.00 | Chicken Nuggets (5 pieces) | \$4.00 | Meat Pie | \$4.00 |
| Hot Dog & Cheese (with Tomato Sauce) | \$4.50 | Pizza Single | \$3.50 | Gluten Free Chicken Nuggets (5 pieces) | \$4.50 | Sausage Roll | \$3.50 |
| Hot Chicken Roll (with Mayonnaise) | \$5.00 | (Hawaiian, Ham & Cheese, Margherita) | | *(maximum of 2 serves for all nugger | <u>ts)</u> | Party Pie * (Max 4 per serve) | \$1.30 |
| Nacho Dippers with Salsa | \$5.50 | Beef Burger & Cheese | \$6.50 | Potato Gems (5 pieces) (Max of 3 Serves) | \$4.50 | Gluten Free Party Pie or Sausage Roll *(Max of 3 serves) | \$1.80 |
| | | | | Sauce Portion: (Tomato or Sweet & Sour) | 40c | Sauce Portion (Tomato or Sweet & Sour) | 40c |