

### How do I order?

Lunch orders can be brought directly to the canteen between 8.20 and 9 am on OPENING DAYS. Please fill in your child's name, class teacher, room number and order into the correct section.

Bags and menus are located in the office and the canteen.

Kindy students are not able to purchase Recess.

Pre Primary student are able to purchase from the Recess menu, they will need a separate order bag to be completed.

### Volunteers ~

Please we need your help!! A little help goes a long way! If you have 30 minutes up to 2 hours spare we would love to hear from you!!

If you are a parent, Grandparent, Aunt, Uncle or friend the children always love seeing these people helping out in the canteen. All we ask for is a few hours of your time.

Please contact Kara Kamid [ronniek74@iinet.net.au](mailto:ronniek74@iinet.net.au) or 0429 427 265

### Lunch Bags ~

Stickybeak reusable lunch bags are available for purchase from the canteen for \$10. These bags are great as the money can be kept separate from the food and reduces paper waste. The bags are available in a variety of different colours.



**Wandina**  
PRIMARY SCHOOL



**Term 2 2018**

**Open Wednesday,  
Thursday & Friday**

All menu items meet the requirements of the  
"Traffic Light" healthy eating policy

Eftpos Available with 0.50c surcharge

## Recess & After Lunch ~

<b>A</b> - Oaty Biscuit (DF) 1.00	<b>A</b> - Biscuit of the Day 1.50
<b>A</b> - Muffin of the day 1.50	<b>A</b> - Brownie 1.00
<b>G</b> - Piece of Fruit 1.00	<b>G</b> - Apple Slinky 1.00
<b>G</b> - BYO Apple Slinky 50c	<b>G</b> - Popcorn 50 c
<b>G</b> - Pikelets 50c	<b>G</b> - Cheesies 1.00 (Recess Only)
<b>G</b> - Muffin Pizzas 1.50 (Recess Only)	<b>G</b> - Jelly Fruit Cups 1.50 (GF, DF)
<b>G</b> - Fruit Salad Cups 2.00	<b>G</b> - Fruit Icy Poles 1.50 (Lunchtime Only)
<b>G</b> - Yoghurt Tub 1.50	

GF = Gluten Free, DF = Dairy Free

## Hot Options ~

<b>Wednesday -</b>	<b>G</b> - Hamburgers (Chicken, Beef or Vegetarian) \$5.00 (Salad in Burgers include Lettuce, tomato & Carrot) <b>Options</b> — Tomoato Sauce, BBQ Sauce or Mayo <b>No Charge</b>
	<b>G</b> - Pizza (Hawaiian, Ham & Cheese or Vegetarian) \$5.00
<b>Thursday -</b>	<b>G</b> - (4) Chicken Nuggets & Salad (DF) \$5.00 (Salad included Lettuce, Carrot, tomato & cucumber)
	<b>A</b> - Hot Dog \$4.00 <b>Options</b> — Tomoato Sauce' BBQ Sauce or Must <b>No Charge</b> Grated Cheese \$0.50
<b>Friday -</b>	<b>A</b> - Party Pies (max 3) \$1.50 ea
	<b>A</b> - Meat Pie \$4.00
	<b>A</b> - Sausage Roll \$4.00 Sauces Tomato or BBQ \$0.20
<b>Everyday -</b>	<b>G</b> - Spaghetti Bolognaise (GF,DF) \$5.00
	<b>G</b> - Quiche & Salad \$5.00
	<b>G</b> - Fried Rice (GF, DF) \$5.00
	<b>G</b> - Hot Chicken & Mayonise Roll \$4.50
	<b>G</b> - Pumpkin Soup (GF, DF) & Bread \$4.00
	<b>G</b> - Chicken Noodle soup (GF & DF) & Bread \$4.00

## Drinks ~

<b>G</b> - Smoothie <b>Pre-Order Only</b>	
(Mango, Banana or Strawberry with milk, yoghurt & Honey)	2.50
<b>G</b> - 100% Fruit Juice (Apple, Orange & Tropical)	2.50
<b>G</b> - Glee Sparkling Fruit Juice (Blackcurrant, Tropical, Grape & Raspberry)	2.50
<b>G</b> - Flavoured Milk (Choc or Straw)	2.50
<b>G</b> - Water 2.00	<b>G</b> - Plain Milk 2.00

## Lunch Sandwiches ~

<b>G</b> - Vegemite	2.00
<b>G</b> - Plain Cheese OR Plain Ham	2.50
<b>G</b> - Vegemite & Cheese	3.00
<b>G</b> - Ham, Tuna OR Chicken & Cheese	3.50
<b>G</b> - Ham, Tuna OR Chicken, Cheese & Tomato	4.00
<b>G</b> - Egg	3.00
<b>G</b> - Egg Head - (Smashed Egg, mayo & lettuce)	3.50
<b>G</b> - Captain Crunch -	4.00
(Ham, Tuna OR Chicken, lettuce, tomato & carrot)	
<b>G</b> - Salad - (Lettuce, tomato, cucumber, Carrot & Beetroot)	3.50

Toasted + 30c, Rolls/Wraps + 70c, Gluten Free Bread/Wraps + \$1.00

We use wholemeal bread unless otherwise requested

**EXTRAS:** Cheese 0.50, Egg \$1.00, Chicken, Ham or Tuna \$1.00

## **G** - Super Salad ~ 5.00

Ham, Tuna or Chicken, lettuce, carrot, cucumber, tomato, sprouts, beetroot, and cheese