

LUNCH MENU Order on QKR! Or Lunch Order Bags

Fresh Sandwiches

All sandwiches and rolls come with margarine unless otherwise specified.
Add \$0.10 per tomato sauce, bbq sauce, mayonnaise, mustard or vegemite.
Salad includes: lettuce, cucumber, carrot and tomato

	Sandwich White or wholemeal	Wrap/roll White only
Plain - Margarine	N/A	\$1.50 roll
Cheese	\$2.00	\$2.70
Ham	\$2.00	\$2.70
Ham and cheese	\$2.50	\$3.20
Ham, cheese and tomato	\$3.00	\$3.70
Cheese and tomato	\$2.50	\$3.20
Ham and salad	\$3.50	\$4.20
Salad	\$3.00	\$3.70
Salad and cheese	\$3.40	\$4.10
Ham, salad and cheese	\$4.00	\$4.70
*Chicken nuggets (4)	\$2.70	\$3.00
*Chicken nuggets and cheese	\$3.20	\$3.50
*Chicken nuggets and salad	\$3.90	\$4.20
*Chicken nuggets, salad and cheese	\$4.50	\$4.80

Toasted Sandwiches

Add vegemite, sauce, mustard \$0.10c
Pepper optional

Cheese \$2.00
Ham \$2.00
Ham and cheese \$2.50
Cheese and tomato \$2.50
Ham, cheese and tomato \$3.00

Hot Ham and Cheese Roll \$3.20

Garlic Bread \$1.00

with homemade garlic butter

Allied Chef Range

Beef Lasagne \$4.20
Macaroni Cheese \$4.20



Fried Rice \$4.60

Garden salad \$2.50

Lettuce, tomato, cucumber and carrot

Fruit Salad \$2.50

Homemade with seasonal fresh fruit
Terms 1 and 4 only

Spiral Bolognese

Homemade

With cheese \$3.90
Without cheese \$3.50



Hot Dogs

plain, margarine, tomato sauce, BBQ sauce and/or mustard

\$3.50 Full
\$4.00 Full with cheese
\$2.50 Half
\$3.00 Half with cheese



Chicken Burger \$4.50

Chicken*, lettuce, tomato and cheese.
Optional mayonnaise, tomato or BBQ sauce
*ALLERGEN: chicken contains eggs



Meatball Sub \$4.00




Meatballs in marinara sauce with melted mozzarella cheese on 9" roll



<p>Hawaiian Pizza \$3.70 Allied Chef Brand</p>  <p>Pizza and Garlic Bread Combo \$4.50</p>	<p>Nachos \$3.70 Vegetarian + gluten free Corn chips served with salsa and cheese</p> <p>Nachos with Sour Cream \$4.00</p>	<p>Pumpkin Soup \$2.50 Terms 2 and 3 only Homemade Dairy free, gluten free, vegetarian</p> <p>Pumpkin Soup + Buttered Roll \$3.50</p>
<p>Chicken Nuggets ALLERGEN: chicken contains eggs</p> <p>2 for \$1.20 4 for \$2.40 6 for \$3.60 8 for \$4.80</p> <p>Add \$0.30 cents for tomato sauce sachet</p>	<p>Apple Crumble \$2.80 Homemade</p> <p>Sausage Roll \$3.00</p>  <p>Mrs Macs Meat Pie \$4.00 Mrs Macs Vegetarian pasty \$4.50</p> <p>Add \$0.30 cents for tomato sauce sachet</p>	<p>GLUTEN FREE Mrs Macs Beef Pie \$5.50 Add \$0.30 cents for tomato sauce sachet</p> 

SNACKS + DRINKS + ICECREAMS

Order on QKR!, lunch order bags or over counter.
Wynn Vale School students please note items with ** are only available for order/purchase during second break

<p>SNACKS</p> <p>Carrot Sticks \$0.20c Hashbrown \$0.50 Cheese and Crackers \$0.70 Raisin Toast \$1.00 ** Popcorn small \$0.20 Red Rock Deli Chips \$1.50 ** Fantastic Chicken noodles* \$1.70 noodles must be collected from canteen</p>	<p>DRINKS</p> <p>Moo Chocolate Milk \$1.60 Moo Strawberry Milk \$1.60 Water \$1.30 Fruit Box \$1.60</p> <p>ICECREAMS</p> <p>**Chocolate or Strawberry Swing \$2.40 **Bulla Light Vanilla Cup \$1.30 **Lemonade Juicies \$1.50 **Coconut Mango Juicies \$1.50 (GGLPS only)</p>  	<p>OVER COUNTER ONLY</p> <p>Berri Quelch ½ \$0.30 full \$0.60</p> <p>Hot Chocolate \$1.00 Add a marshmallow .10c Maximum of 2</p> <p>Krazy Krush \$2.00 Assorted flavours</p> 
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Important information about the canteen

Our preferred method to order is via QKR! Cash sales are still welcome.

Please contact the canteen if your child has any special dietary needs or allergies and clearly indicate on lunch order bag.

The Canteen is open **MONDAY, WEDNESDAY & FRIDAY LUNCH/Second Break only.**

All menu items meet the **Green** and **Amber** spectrums according to the Rite Bite Guidelines.

A copy of the Rite Bite Food guidelines and the *ready reckoner* may be obtained from the DECD website.

Lunch order bags can be purchased from the canteen, through lunch order or from the front office.

Instructions on how to order from the canteen or alternatively place order via QKR! app

1. Write your child's name and class number clearly on the paper lunch bag.
2. Write the food and drink items you wish to order onto the bag. Remembering to indicate if sauce and/or any dressings are wanted.
3. Enclose the correct money, if possible. Payment can be made along with a sibling's order, however please indicate which class and place the order bag in the correct class lunch box.
For hygiene reasons, please wrap lunch money before placing in the order bag
4. To request more lunch bags, please write, **"More Bags Please"** onto the order bag. Please remember to include an extra 40c with the order.
5. At the start of the day, place the lunch order bag in your child's classroom lunch order box.

Would you like to volunteer in the canteen? We would love to hear from you...

Please contact the canteen during opening hours if you would like to volunteer just an hour of your time. Every bit helps! All volunteers will need to have current DCSI criminal screening clearance and have gone through either of the 2 courses listed below.

- Volunteers from GGLPS will also need to undergo 'valuing safe communities' training if not already completed.
- Volunteers from WVS will need to have completed mandatory reporting- responding to abuse and neglect workshop.

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
 Drink plenty of water.



right bite Food and Drink Spectrum

GREEN choose plenty
 Encourage and promote these foods and drinks. They:
 • reflect the five food groups in the circle on the 'Australian Guide to Healthy Eating'
 • are excellent sources of important nutrients
 • are low in saturated fat and/or sugar and/or salt
 • help to avoid an intake of excess energy (kilojoules or calories).

AMBER select carefully
 Do not let these foods and drinks dominate the choices and avoid large serving sizes. They:
 • have some nutritional value
 • contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
 • can, in large serve sizes, contribute excess energy (kilojoules or calories).

RED occasionally
 These foods and drinks are banned from sale in SA school canteens and preschools. Schools and preschools can provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:
 • lack adequate nutritional value
 • are high in saturated fat and/or sugar and/or salt
 • can contribute excess energy (kilojoules or calories).

*The Right Bite Food and Drink Spectrum is based on the 2013 Department of Health and the NSW Department of Education and Training Food and Drink Canteen Menu Planning Guide (2008).