

New Menu Term 4 2019

There are many dietary friendly menu options available. Please use the easily identifiable abbreviations table to check suitability. No nuts or sesame products used, some baked goods along with mayonnaise contain egg products. (E) Reduced fat (light) dairy products are used. Canteen made dishes contain lots of hidden vegetables.

Please check our school website for the healthy traffic light system canteen menu.

There are some NEW menu items for you to try and many favourites are back.

We have lots of healthy yummy meal options to satisfy your child's hungry tummy.

Stickybeak bags available to purchase from canteen \$10.50 each - assorted colours

Birthday Cupcakes available to preorder from the canteen \$2.50

Online ordering will soon be available

CANTEEN OPEN BEFORE SCHOOL

for recess snacks, fruit & complete lunchbox orders
8.40am - 8.55am
Monday to Friday

LUNCH ORDERS

Monday, Wednesday,
Thursday and Friday

LUNCHTIMES

Icypoles, snacks & drinks

Delicious & Healthy

Menu items, with the exception of just a few, are made in the canteen using fresh ingredients without the need for added colours, flavours or preservatives.

To help you order, our menu includes these dietary guides:

- (V) Vegetarian
- (VG) Vegan
- (DF) Dairy Free
- (GF) Gluten Friendly
- (GFO) Gluten Friendly Option
- (E) Contains Egg
- (SF) Refined Sugar Free
- (C) Collect from Canteen



Smoothies Sipahh Straw Milks & Yoghurts

Because of the fragile nature of these items **they need to be collected, by your child, from the canteen.**

Please remind your child of this when ordering these items and remember to collect from the canteen.

Tips for Ordering

- **Please make sure your Sticky Beaks bag is labelled with name and correct class, is clean and free of rubbish.**
- **If sending a paper bag, please make sure it is a LARGE paper bag or include \$0.10 to have one provided.**
- **Please DO NOT use staples or sticky tape to secure bags.**
- **Disposable cutlery will be provided when purchasing meals. NB. If your child is not ordering lunch but requires cutlery these can be purchased for \$0.10 per item.**
- **Please remember to check current pricing and make sure there is sufficient money to cover your child's order. New Menu and pricing is attached. Please dispose of any old menus thoughtfully.**