

FIVE ★ KIDZ CAFÉ GPS: TERM 1 2020

PLEASE REMEMBER that the Canteen offers two different menus- 'Monday to Thursday' and a separate 'Friday' menu.

MONDAY TO THURSDAY

V: Vegetarian **VGN: Vegan**
GF: Gluten free **DF: Dairy free**

Mini chicken wrap- with lettuce+mayo **\$2.70**
Maxi chicken wrap- with lettuce+mayo **\$5.00**

Potato gems OR Corn Chips (add toppings to make Nachos)
\$2.50

ADD TOPPINGS FOR .50 EACH

salsa/beans/cheese/sour cream

All above items are **Vegetarian** and **Gluten Free**

Hot Dogs- Plain **\$3.20**

Extras

Sauce: tomato/bbq/chilli + **.30**

Mustard + **.30**

Cheese + **.50**

SOMETHING DIFFERENT

Chicken yiros; tzatziki, lettuce, tomato, onion **\$5.00**

Sushi bowl: rice, nori (seaweed), lettuce, cucumber, carrot, sesame seeds, soy sauce, mayo **V \$5.00**

BURGERS **\$4.50**

Cheese + **.50**

Chicken: mayo, lettuce, carrot

Beef: sauce, lettuce, tomato

Fish: mayo, lettuce, carrot

Falafel: hummus, lettuce, tomato **VGN**

HOT FOOD + SALAD PACKS **\$4.80**

Hash brown, lettuce, carrot, tomato, cucumber.

Choose from

- Chicken dinosnacks
- Fish bites
- Chicken nuggets **GF**
- Falafel **VGN GF**

Macaroni Cheese **V \$4.40**

Vegie Bake **GF VGN \$4.40**

Pasta Bolognese **\$4.40**

Tomato Pasta **GF VGN \$4.40**

Butter Chicken + Rice **GF \$4.80**

SANDWICHES/SALADS-MON to FRI

START with Bread- white or wholemeal **\$2.20**

or a Wrap **\$2.70**

or a Salad Bowl **\$1.70**

ADD Margarine if desired **no cost**

ADD **EACH + .30**

Vegemite/ Gherkin/Pickled onion/
 Sauce (tomato/bbq/chilli)/Mayo

ADD **EACH + .50**

Ham/Cheese/Carrot/Tomato/
 Lettuce/Cucumber/Beetroot

ADD **EACH + \$1.00**

Egg/Chicken/Tuna

ADD Toasting if desired **+ .30**

FRIDAY ONLY MENU

Muffin Pizzas: Cheese **V \$2.50** Ham + Pineapple **\$2.90** Tomato, capsicum + onion **V \$2.90**

Party pies (2) **\$2.30**

Cruizer pie **\$4.30**

Gluten free Meat pie **\$5.00**

Macaroni Cheese **V \$4.40**

Pasta Bolognese **\$4.40**

Butter Chicken + Rice **GF \$4.80**

Sausage roll **\$3.00**

Vegetarian Pasty **\$4.30**

Add tomato sauce **+ .30**

Vegie Bake **V \$4.40**

Tomato Pasta **GF VGN \$4.40**

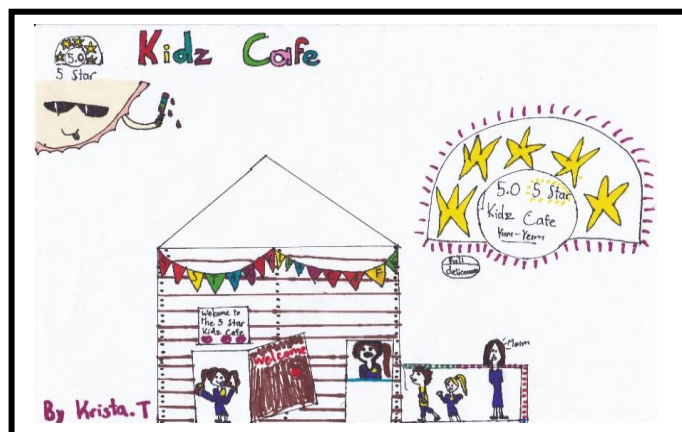
SNACK FOOD- Available everyday

Popcorn GF VGN : air popped + lightly salted	
small .20	large .30
Choc chip biscuit (maximum of 2)	.80
Muffins: Apple/cinnamon or choc/banana	
small .30	
large \$1.00	
Jelly GF	\$1.00
Rice pudding GF	\$1.20
Custard	\$1.20
Jelly + custard	\$1.20
Chocolate mousse GF	\$1.20
Fruit cake VGN	\$1.20

DRINKS- Available everyday

Plain milk	\$1.00
Spring water 600mls	\$1.50
Fruit juice	\$2.00
Apple or Orange or Apple/Blackcurrant	
Flavoured milk	\$2.00
Chocolate or Strawberry	
Up & Go	\$2.00
Chocolate or Strawberry or Vanilla or Banana	

FOOD ALLERGY: If your child has an allergy or intolerance, please inform the Canteen by writing on their lunch order or contacting us directly- 8295 3746. **For QKR orders**, if you include the allergy as part of the student's name/profile, this important information will be visible to the Canteen each time you order.



****Recess: Only R-2 students may purchase ice blocks/slushies.****

****Lunch: Ice blocks/slushies may be purchased by R-7 students.****

A variety of ice blocks are available from .30 (½ Quelch) to \$1.60 (Slushies). These cannot be ordered- students will need to line up to purchase these items.

CANTEEN PHONE: 8295 3746

Manager: Caroline Coulter

Lunch orders can be placed through your child's classroom lunchbox or online via the **QKR** app. **QKR has a strict 9am deadline on the selected day. Ensure you select the correct day and proceed through to payment to correctly finalise your order.**

The Canteen is currently in the process of switching to more environmentally friendly cutlery and packaging. Thank you for your patience and support with this transition.

Please use a **blue or black pen** (no gel pens or pencil please) and ensure student's **name and room number** are clearly written on the lunch bag.

Plain brown lunch bags are inexpensive and available from your local supermarket.

Envelopes, scraps of paper or plastic bags are not acceptable. Student's lunch will be returned in whatever is provided to the Canteen.

Please do not sticky tape or staple bags – fold several times to keep the money inside.

Reduced or low fat products are used throughout the menu where possible.

The Canteen is always looking for more help. **VOLUNTEERS** are always welcome and valued, and any amount of time you could spare would be appreciated. Please visit the Canteen anytime for more information.