

# SAINTS PETER & PAUL PRIMARY SCHOOL CANTEEN WINTER MENU - TERMS 2 & 3 2017

*THE CANTEEN IS OPEN WEDNESDAY, THURSDAY & FRIDAY*

PLACE ORDERS VIA QKR! BY 8.45AM

DOWNLOAD THE APP ON YOUR MOBILE PHONE OR VISIT THE WEBSITE ON [HTTPS://QKR.MASTERCARD.COM](https://qkr.mastercard.com)

**OUR CANTEEN COULD NOT OPERATE WITHOUT THE HELP OF VOLUNTEERS. IF YOU WOULD LIKE TO HELP AT ANYTIME, PLEASE DROP IN AND SPEAK TO LAURETTA OR EMAIL ME AT LAURETTA.RACCOSTA@CG.CATHOLIC.EDU.AU**

□ GREEN LIGHT FOODS (THESE FOODS ARE HEALTHY & CAN BE EATEN DAILY)

◆ AMBER LIGHT FOODS (THESE FOODS SHOULD BE EATEN IN LIMITED AMOUNTS AS THEY ARE NOT AS NUTRITIOUS)

©MADE BY THE CANTEEN (V) VEGETARIAN (GF) GLUTEN FREE

SALAD BOXES (freshly prepared all year round) (french vinaigrette dressing extra 30c)	Price	SNACKS and OVER THE COUNTER	Price
<b>Mini Munch</b> –lettuce, carrot, cucumber & tomato(v)(gf)□	\$3.50	Bunny Bag (carrot/celery/cucumber sticks) (v)(gf) □	FREE
<b>Mega Salad</b> – mini munch with shredded chicken breast or sliced leg ham or egg (v)(gf) or cheese (v)(gf) © □	\$4.00	Rice crackers (gf) □	5 for 20c or 5c ea.
<b>SANDWICHES/WRAPS (toasted 50c extra)</b> All sandwiches and wraps are made with fresh fillings daily on wholemeal bread or wraps. (no butter/mayo unless specified) GF bread available.		School fruit bar 20g □	40c
<b>Vegemite, honey or cheese</b> © ◆ (1 filling)	\$2.50	Seasonal fresh fruit of the day □	50c
<b>Salad</b> (lettuce, carrot, cucumber & tomato) (v) © □	\$3.50	Cheese stick 20g (gf) □	80c
<b>Salad</b> (lettuce, carrot, cucumber & tomato) with shredded chicken breast or sliced leg ham or egg(v) or cheese(v)□ ©	Extra 50c each filling	Polly pack (cheese 20g + 5 crackers) (gf) □	\$1.00
Shredded chicken breast or sliced leg ham with tomato + cheese © □ (3 fillings)	\$3.50	Jelly pot with fruit (gf) © ◆	50c
Shredded chicken breast or sliced leg ham with pineapple + cheese © □ (3 fillings)	\$3.50	Mrs R's choc-chip cookie, chocolate or apricot	
Shredded chicken breast or sliced leg ham + cheese © □	\$3.00	coconut balls (limit 2) © ◆	50c
Cheese + tomato © □ (2 fillings)	\$3.00	Mrs R's fruit muffin © ◆	50c
<b>HOT FOOD (tomato or BBQ sauce extra 30c)</b>		Eucalyptus Drops ◆	\$1.00
Boiled egg (gf) □	50c	Ovalteenies 15g ◆	\$1.00
Corn cob (v) (gf) □	\$1.00	Popcorn, potato chips (gf) ◆	\$1.00
Mrs R's fried rice (v) (gf) © □	\$3.50	Jumpys (various flavours) ◆	\$1.00
Mrs R's vegetarian slice (v) (gf) © □	\$3.50	Lolly treat (gf) FRIDAYS ONLY (limit 5) ◆	10c ea.
Mrs R's beef or vegetarian (v) lasagne □ ©	\$4.00	<b>THIRST QUENCHERS and OVER THE COUNTER</b>	<b>\$2.00</b>
Chicken nuggets x 3 ◆	\$2.00	Flavoured milk (choc/straw) 250ml ◆	
Cheese & Spinach roll (v) ◆	\$3.50	Bottled water 350mls □	
Chicken breast schnitzel burger – chicken breast schnitzel, lettuce, mayonnaise on wholemeal roll © ◆	\$4.00	Juice popper 100% apple, apple & blackcurrant or paradise punch 200mls □	
Nachos (corn chips, salsa, beans and cheese) (v) © ◆	\$4.00	Warm milo & milk drink (to be collected from the canteen) 200mls □	
Chicken breast schnitzel – on it's own ◆	\$3.00	<b>FROZEN ITEMS and OVER THE COUNTER</b>	
<b>WEEKLY SPECIALS</b>	<b>\$3.00</b>	Frozen seasonal fruit sticks © □	50c
<b>WEDNESDAY ONLY – Pizzas (cheese (v) or cheese &amp; bacon or cheese, bacon &amp; pineapple) © ◆</b>		"Mini" frozen jelly (limit 2) ◆	25c
<b>THURSDAY ONLY – Hot dog with/out cheese (skinless frankfurt on a wholemeal roll) © ◆</b>	With cheese extra 50c	Quelch fruit sticks (limit 2) ◆	50c
<b>FRIDAY ONLY – Sausage roll or meat pie ◆ Gluten Free options</b>		Frozen fruit juice cups 110mls ◆	\$1.00
 <b>CLASSROOM BIRTHDAY PACK</b>		Rainbow paddle pop ◆	\$1.50
Let us help celebrate your child's birthday with a special treat for each child in the class. Every birthday child who orders a Classroom Birthday Pack will receive a small gift. Orders and payment to be placed in a lunch order bag or online. A week's notice is required. Choose one of the following:		Frozen yoghurt twist 100g (gf)	\$2.00
1. Chocolate or Apricot balls ©		<b>TEACHER SIZE MEAL DEAL</b>	<b>\$8.00</b>
2. Rainbow chocolate cookies		Fried rice (gf) or beef or vegetarian (v) lasagne or veggie slice or chicken schnitzel (on it's own) + mini munch salad + water + treat © □	
3. Lolly in a pond jelly cup (gf) ©		<b>JUNIOR SIZE MEAL DEAL</b>	<b>\$6.00</b>
		All meals come with a piece of fresh fruit, bottled water, cheese stick and a treat. Choose one of the following:	
		* Chicken schnitzel burger © □ or	
		* Beef or vegetarian (v) lasagne © □ or	
		* Fried rice (gf) © □	
		<b>Do you want to win a \$2 voucher to spend at the canteen? Simply purchase fresh or frozen fruit from the canteen and be in the weekly draw to WIN!!!</b>	

For more information about our "classroom birthday packs" please go to the school website, [www.stpandp.act.edu.au/parents/schoolcanteen](http://www.stpandp.act.edu.au/parents/schoolcanteen)