

THE VPPS CANTEEN MENU Term 1 2020

HOW TO ORDER YOUR LUNCH/RECESS

Recess Orders available Wednesday, Thursday and Friday.

Lunch orders available Tuesday, Wednesday, Thursday and Friday.

Online ordering available through the QKR app.

More details about QKR are available from the canteen and front office.

OR

Place your order in your class canteen tub on the morning of the day you want your order.

Write your lunch/ recess order on a bag. Please mark recess and lunch orders clearly.

Make sure Name, Class, Order and Money are included. Extra bags 10 for 50c.

RDER NOTE: Gluten Free items are marked GF on the menu. If ordering any gluten free items please mark this clearly on your order.

SNACKS

Fava Beans - lightly salted, salt and vinegar or pizza supreme (GF).....	80c
Fruit Strap - apricot, strawberry or boysenberry..	\$1.00
Muffin - Large/Small.....	\$1.00/40c
Monkey snacks.....	\$1.00
Apple slinky - bring your own apple.....	20c Ours..... 80c
Cookies.....	40c
Yoghurt sandwiches.....	80c
Ovalteenies.....	\$1.00
JJ's - chicken, salt & vinegar or Pizza.....	\$1.40
Red Rock Chips - honey soy chick OR sea salt.....	\$1.40
Corntos - Tangy Cheese or Zesty BBQ.....	\$1.00
Sam's Popcorn.....	\$1.00

HOT FOOD

Vegie Spring roll.....	90c
Corn Cobette.....	\$1.00
Cruizer Pies - Beef.....	\$4.80
Sausage Rolls.....	\$3.50
Sauce - Tomato, BBQ or Sweet and Sour.....	30c each
Pizza Singles - Ham and Pineapple.....	\$3.00
- Ham and Cheese.....	\$3.00
Potato with Ham and Cheese.....	\$4.50
Potato with Neapolitano sauce (veg option/GF).....	\$3.50
Jacket Potato with bolognaise sauce (GF).....	\$4.50
Chicken Schnitzel with salad and wedges.....	\$5.00
Chicken tenders with salad	\$5.00
Gluten Free Chicken Tenders with salad.....	\$5.00
Dinosaurs in a bag (6 chicken nuggets).....	\$3.00
Dinosaurs In The Mud.....	\$4.50
(5 nuggets, pasta and bolognaise Sauce)	
Fish Fingers in a Bag (5).....	\$3.00
Fried Rice (GF).....	\$3.50
(also a great Vegetarian option)	
Large Serve of Nachos.....	\$4.50
Small Serve of Nachos.....	\$3.50
(Nachos are corn chips served with salsa and cheese)	
Giant Toasty (half a roll, tomato sauce, grated cheese)..	\$2.00
Salad Bowl (GF) (tomato, cucumber, carrot and lettuce)....	\$3.50

Our Menu highlights what are '**GREEN**' eat anytime foods and '**AMBER**' eat sometimes foods. We hope this helps to encourage children to make better food choices when ordering their lunch and gain an understanding of healthy eating and how it impacts on them.

SANDWICHES

Salad Sandwich.....	\$3.50
(tomato, carrot, cucumber and lettuce)	
Cheese Sandwich.....	\$2.50
Cheese and salad Sandwich.....	\$4.00
Ham Sandwich.....	\$4.00
Ham and Cheese Sandwich.....	\$4.50
Ham and Salad Sandwich.....	\$5.50
Vegemite Sandwich.....	\$2.00
Toasted Sandwiches.....	add 20c

DRINKS

Water.....	\$1.50
Milk - Chocolate or Strawberry.....	\$2.50
Frozen Milk.....	\$2.60
Glee - Raspberry, Blackcurrant, Grape or Tropical (99% sparkling fruit juice).....	\$2.00
Juice - Apple, Orange or Apple/Blackcurrant.....	\$2.00

ICEBLOCKS - can only be purchased from the canteen counter

Freeze Pops - Chocolate, Cola, Bubblegum, Lemonade, Watermelon Fizz or Strawberry.....	60c
Zing Creamy yoghurt Stick - Yogurt, Apple, Mango, Blueberry or Strawberry.....	60c
Jelly Fruit Shape - Orange, Apple, Pineapple, Strawberry or Grape.....	30c
Wobbli Jelly Stix - Apple, Orange, Pineapple or Strawberry.....	15c
Nice and Joosy - Lime, Raspberry, Orange and Blackcurrant.....	50c
Zing Sour - Lime, Raspberry or Blueberry.....	60c
Moosies - Chocolate, Banana, Blue Moon or Strawberry.....	\$1.50