

HOW TO ORDER AT THE VPPS CANTEEN

- LUNCH AND RECESS ORDERS AVAILABLE TUESDAY, WEDNESDAY, THURSDAY AND FRIDAY.
- ONLINE ORDERING AVAILABLE THROUGH THE QKR APP OR WRITE YOUR LUNCH/RECESS ORDER ON A BROWN PAPER BAG.

ORDERING WITH A BROWN PAPER BAG

- PLEASE MARK RECESS AND LUNCH ORDERS CLEARLY.
- MAKE SURE NAME, CLASS, ORDER AND MONEY ARE INCLUDED.
- PLACE YOUR ORDER IN YOUR CLASS CANTEEN TUB ON THE MORNING OF THE DAY YOU WOULD LIKE YOUR ORDER.

ALLERGIES AT OUR SCHOOL

WE ARE ALLERGY FRIENDLY AT VALE PARK PRIMARY SCHOOL.

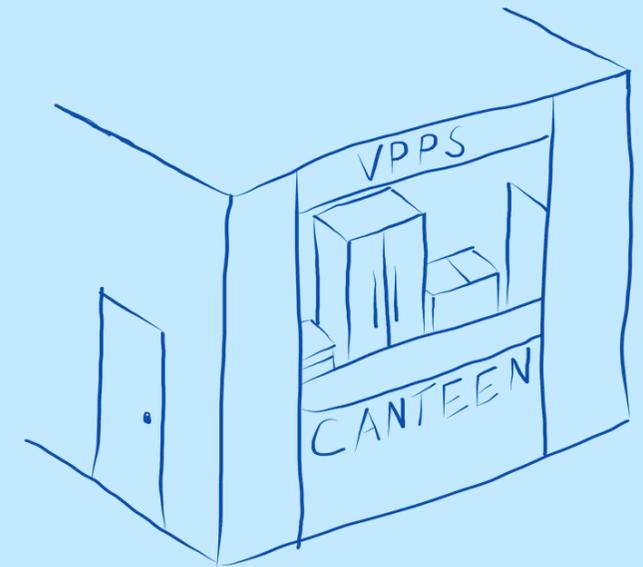
IF YOUR CHILD HAS A FOOD ALLERGY AND WOULD LIKE TO ORDER FROM THE CANTEEN PLEASE VISIT US TO DISCUSS WHICH OPTIONS ARE SUITABLE AND FIND OUT HOW WE SUPPORT YOUR CHILD.

VOLUNTEERS NEEDED

**KATHY, EMMA AND LACHLAN
NEED HELP!**

**ARE YOU ABLE TO GIVE US SOME OF
YOUR TIME AT THE CANTEEN?
WE NEED PARENTS STRAIGHT AFTER
MORNING DROP OFF, EVEN 30 MINUTES
WOULD HELP US OUT AND KEEP THE
CANTEEN RUNNING EFFICIENTLY.
PLEASE DROP BY AND MEET THE TEAM.**

VPPS CANTEEN MENU 2026



LUNCH MENU SERVED AT 11.45AM

SANDWICHES

TOASTED SANDWICHES 20C EXTRA

HAM AND CHEESE \$ 4.00

VEGETARIAN OPTIONS

CHEESE \$ 3.50

CHEESE AND VEGEMITE \$ 3.70

VEGEMITE \$ 3.00

SALAD SANDWICH ADD MAYO...20C \$ 5.50

SALAD AND CHEESE SANDWICH ADD MAYO...20C \$ 6.20

SALAD WRAP ADD MAYO...20C \$ 6.00

HOT FOOD

DINOSNACKS WITH VEGGIES OR SALAD \$ 6.00

DINOS IN THE MUD \$ 6.00

PASTA WITH BOLOGNAISE \$ 5.00

CHICKEN BURGER WITH LETTUCE AND MAYO \$ 6.50

ADD CHEESE...70C ADD TOMATO...50C
ADD CARROT...20C ADD COLESLAW...50C

PIZZA SUB - HALF ROLL, HOMEMADE TOMATO SAUCE, HAM AND MELTED GRATED CHEESE \$ 5.00

GF CHICKEN NUGGETS WITH SALAD \$ 6.00

MINI CHICKEN TENDER WRAP \$ 3.50

MINI CHICKEN TENDER WRAP WITH MAYO \$ 3.70

DINOSNACKS IN A BAG \$ 4.00

SAUCE TOMATO OR BBQ .50c

VEGETARIAN OPTIONS

CORN COBETTE \$ 1.50

PASTA WITH NAPOLITANA SAUCE \$ 5.00

FRIED RICE \$ 5.00

CHICKPEA CURRY SERVED WITH RICE \$ 4.00

MARGHERITA SUB - HALF ROLL, HOMEMADE TOMATO SAUCE AND MELTED GRATED CHEESE \$ 4.00

CHEESY GARLIC BREAD - HALF ROLL WITH GARLIC BUTTER AND MELTED GRATED CHEESE \$ 4.50

VEGETARIAN DIM SIMS \$ 2.00

SALADS

SALAD BOWL - LETTUCE, CUCUMBER, TOMATO, CARROT AND SWEET CORN \$ 6.00

ADD CHEESE...70C

ICEBLOCKS

AVAILABLE LUNCH AND RECESS

QUELCH - 99% JUICE IN VARIOUS FLAVOURS \$ 1.50

BULLA MINI YOGHURT - \$ 1.50
PASSIONFRUIT, STRAWBERRY, MANGO OR WILDBERRY

EVEREST ICE CREAM - VANILLA, \$ 2.50
CHOC-MALT OR MANGO FROZEN YOGHURT

MOOSIES - CHOCOLATE, STRAWBERRY \$ 2.50
OR BLUE MOON

JUICIE TUBES - LEMONADE, \$ 2.20
WILDBERRY OR TROPICAL

DRINKS

AVAILABLE LUNCH AND RECESS

WATER - CHILLED OR UNCHILLED \$ 2.00

PLAIN MILK - 99.9% FAT FREE \$ 2.00

MILK FLAVOURED - CHOCOLATE OR \$ 3.50
STRAWBERRY

JUICE - APPLE, ORANGE, TROPICAL \$ 3.00
OR APPLE AND BLACKCURRANT

SNACKS

AVAILABLE LUNCH AND RECESS

SULTANA BAGS SMALL .5C LARGE .10C

APPLE SLINKY \$ 2.00

DRIED CRANBERRIES 20c/bag

DRIED APRICOTS 55c/bag

DRIED APPLE SLICES 60c/bag

AIR POPPED POP CORN 10c/ scoop

COOKIES .80c

LENTIL BITES \$ 2.00

RICE WHEELS \$ 2.00

BROWN RICE AND QUINOA CAKES \$ 2.00

RECESS MENU SERVED AT 2.05PM

RECESS HOT FOOD

VEGETARIAN DIM SIMS \$ 2.00

CORN COB \$ 1.50

MARGHERITA SUB - HALF ROLL, HOMEMADE TOMATO SAUCE AND MELTED GRATED CHEESE \$ 4.00

CHEESY GARLIC BREAD - HALF ROLL WITH GARLIC BUTTER AND MELTED GRATED CHEESE \$ 4.50

DINOSNACKS IN A BAG \$ 4.00

PLEASE NOTE: WE USE NUTTELEX SPREAD ON ALL OF OUR SANDWICHES AND GARLIC BREAD, LOW FAT CHEESE AND MAYONNAISE ACROSS OUR MENU AND HAM IS LOW SODIUM.

WE ENCOURAGE OUR STUDENTS AT VPPS TO SELECT FOODS FROM THE 'GREEN EAT ANYTIME FOODS' AND 'AMBER EAT SOMETIMES FOODS', AS PER THE RIGHT BITE GUIDELINES. THIS SUPPORTS STUDENTS WITH HAVING AN UNDERSTANDING OF HEALTHY EATING AND HOW IT IMPACTS THEM.