

VPSS CANTEEN MENU Term 4 2022

HOW TO ORDER YOUR LUNCH/RECESS

Recess and Lunch orders available Tuesday, Wednesday, Thursday and Friday.

Online ordering available through the QKR! App.

Write your lunch/ recess order on a 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 want your order.

ORDER NOTE: Gluten Free items are marked GF on the menu. If ordering any gluten free items please mark this clearly on your order. Vegetarian marked (V). Halal marked (H)

SNACKS/RECESS

Fruit Strap (Apricot, Strawberry, Mango or Boysenberry).....\$1.00

Sultana bags - small.....5c ...large.....10c

Air Popped Popcorn(V)(GF).....10c/scoop

Apple slinky - Our Apple.....\$1.00

Cookies.....50c

Yoghurt sandwiches.....\$1.00

Ovalteenies.....\$1.00

Corntos- Tangy Cheese & zesty BBQ(GF)....\$1.10

Red Rock Chips—Honey Soy Chicken, Sweet

Chilli & Sour Cream or Sea Salt(GF).....\$1.60

Giant Toasty (roll, tomato sauce & cheese)(V)
.....\$3.00

Chicken Goujons—4/serve.....\$3.00

SALADS

Salad Bowl- lettuce, tomato, cucumber, carrot and corn.....\$5.00

With Chicken.....\$7.00

With Tuna Salad.....\$7.00

Tuna Rice Bowl-sushi rice, cucumber, carrot, corn and tuna salad.....\$6.00

SANDWICHES—Toasted add 20c

Salad.....\$3.50

Cheese(V).....\$3.00

Cheese and Vegemite.....\$3.20

Cheese and Salad.....\$4.00

Ham.....\$3.50

Ham & Cheese.....\$4.00

Ham and Salad.....\$4.50

Vegemite Sandwich.....\$2.50

HOT FOOD—Lunch

Vegie Spring roll (V).....90c

Corn Cobette (V).....\$1.00

Sausage Rolls.....\$4.00

Sauce-Tomato or BBQ.....50c

Pizza Singles – Ham & Pineapple.....\$4.00

Ham & Cheese.....\$4.00

Jacket Potato with Ham & Cheese.....\$5.50

Jacket Potato with bolognaise sauce (GF).....\$5.50

Chicken Goujons—4/serve.....\$3.00

GF Chicken Nuggets with Salad.....\$6.00

Dinosaurs in a bag -6/serve (H).....\$3.50

Fish Fingers in a Bag (5).....\$3.50

Fried Rice (GF)(V).....\$4.50

Nachos-corn chips served with salsa & cheese (V)

Large\$5.50 Small.....\$4.50

Giant Toasty -half a roll, tomato sauce & grated cheese (V).....\$3.00

BURGERS—Cheese Add 50c

Flamed Grilled Chicken Burger with Lett. & Mayo
.....\$6.00

Devilled Breast Chicken Burger with Lett. & Mayo
.....\$6.00

Vegie Burger with Lett. & Vegan Mayo.....\$6.00

DRINKS

Water -chilled or unchilled.....\$2.00

Milk—Chocolate or Strawberry.....\$3.00

Frozen Milk—orders only.....\$3.10

Glee -Raspberry, Blackcurrant, Grape, Tropical, Sour Blueberry, Sour Watermelon or Sour Cola 99% sparkling fruit juice).....\$3.50

Juice -Apple,Orange,Apple/Blackcurrant.\$2.50

Frozen Juice - orders only\$2.70

Groove Drinks- Grape, Strawberries & Cream, Raspberry and Watermelon.....\$3.50

ICEBLOCKS

Jelly Fruit Shape -Orange, Apple, Pineapple, Strawberry or Grape.....40c

Wobbli Jelly Stix—Apple, Orange, Pineapple or Strawberry.
.....20c

Nice and Joosey—Lime, or Orange.....60c

Moosies—Chocolate, Blue Moon, Strawberry.....\$1.60

Juicies— Wildberry or Tropical.....\$1.00

Everest ice Cream Tub—Chocolate, Caramel, Lemon Sorbet & Vanilla.....\$2.20

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.