



Canteen Autumn/Winter Menu 2019

Opening Hours: Wednesday to Friday- 8.45am to 12.30pm

Canteen Manager: Sarah Parker - 0423 198 171

Email: gowrieps.canteen@gmail.com

☺ = Everyday Foods GF = Gluten Free V = Vegetarian H = Halal DF = Dairy Free

Sandwiches/Wraps

Wholemeal bread is used. White bread & gluten free available on request.

☺	Ham Salad	\$4.50
[V]	Vegemite, Honey or Jam (Sandwich only)	\$2.00
☺[GF]	Cheese or Egg	\$2.00
☺	Ham only (Sandwich only)	\$3.00
☺[GF,V]	Salad (lettuce, tomato, carrot, cucumber, cheese)	\$3.00
	Extras include: lettuce, tomato, carrot, cucumber, beetroot, pineapple	\$0.50

Toasties

☺	Cheese	\$3.00
☺	Cheese & Tomato	\$3.50
	Ham, Cheese	\$4.00
	Ham, Cheese & Tomato	\$4.30

Hot Foods

[GF,V,H]	Nachos (made with pita bread chips)	\$4.00
[H]	Chicken Nuggets	3 for \$2.40 6 for \$4.80
[H]	Chicken Dinosaurs each	\$0.80
[H]	Chicken Chips (Goujons) each	\$0.80
[H]	Sausage Roll & Sauce	\$3.00
[H]	Chicken Burger (With lettuce & mayo)	\$3.50
	Fish Burger (With lettuce & mayo)	\$3.50
[GF]	Spaghetti Bolognese	\$4.50
	Pizza Ham & Pineapple	\$3.50
	Ham & Cheese	\$3.30
	Cheese	\$3.00

Baked Potatoes

☺ [GF]	Bolognese & Cheese	\$4.00
☺[V]	Creamed Corn & Cheese	\$3.50
☺	Ham, Cheese & Pineapple	\$3.50

Recess Bag

Supplied with the lunch order in a separate paper bag, for recess break.

Apple slinky & Banana bread or Chocolate brownie	\$2.50
Apple slinky & Cookie or Muffin	\$2.30

Snacks

[GF]	Banana Bread	\$1.00
[GF]	Muffins	\$0.80
[DF]	ANZAC Cookies	\$0.80
[GF,DF]	Chocolate Brownie	\$1.00
☺ [V]	Bunny Bags (Veggie Sticks)	\$0.40
☺ [V]	Cob of Corn	\$1.00
☺[V]	Apple Slinky/Apple Quartered	\$1.40
☺[V]	Tomato Quartered	\$1.40
☺	Pita Bread Chips with Cheese	\$1.50
☺ [GF]	Popcorn Plain	\$0.60
[GF]	Cheese & Crackers	\$1.00
[GF]	Cheese Sticks (4)	\$0.60
[GF]	Fruit Jelly Cups	\$1.00
☺	Hard Boiled Egg	\$1.00
☺ [GF]	Frozen Orange segments	\$0.20

Frozen Treats

[GF]	BULLA Frozen Yoghurt (Strawberry or Mango)	\$2.00
[GF]	Strawberry & Vanilla Frozen Yogurt	\$2.00
[GF]	Quelch Fruity Ice Tubes	\$0.70
☺	Frozen OJ/ABC Juice	\$1.00
☺	Frozen Milk Cup (Strawberry or Chocolate)	\$1.00

Drinks

[GF]	Plain Milk	\$1.60
	Moove Milk (Strawberry or Chocolate)	\$2.20
☺ [GF]	Bottled Water	\$1.00
[GF]	Fruit Box – OJ/ABC/Tropical/Apple	\$1.80

	Milo Shake	\$1.80
	Sippah Straw & Plain Milk	\$1.80

Other

	Sauce – Tomato or BBQ	\$0.30
	Mayonnaise	\$0.50
	Brown Lunch Bags	\$0.10

Meal Deals

Juice poppa & Snack	\$2.00
Milk & Snack	\$2.80
Snack = Muffin, Cookie, Popcorn	



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Canteen Policy: What we do and why we do it.

The canteen is provided as a non-profit service for the well-being of the school by the P & C Association. The P & C employs a manager who is responsible for the day-to-day operation of the canteen, guided and assisted by the P & C.

The canteen provides nutritious and appealing food at an affordable price. We aim to keep our menu as Green as possible to provide a healthy school recess and lunch service for the enjoyment of children and to assist busy families.

Special Requests

We are unable to assist with special food requests such as variation of ingredients in standard items.

Food Allergies

The only exception to the special request policy is in the case of genuine food allergies and intolerances. Parents need to inform me in writing of any such condition, a form will be distributed at the beginning of each year for this purpose. The canteen is NUT free due to severe allergies of some students.

If your child has an allergy and is ordering from the canteen, please ensure you note on the outside of the bag if they need GLUTEN FREE, DAIRY FREE or HALAL option.

Volunteering

Volunteers are very welcome to come and help in the canteen with preparing sandwiches, preparing lunches or baking. Any time you can spare, whether 1 ½ hours or 1 hour is much appreciated. The canteen is a friendly environment and a great way to meet other parents. Please come and see the Canteen Manager if you're interested in helping.

Orders

Please write your child's:

- Full Name
- Class
- Order

On an envelope or paper bag with the required money enclosed. Students will place their orders in the order box at the canteen.

Occasionally we will run out of stock. If this does happen or an item in the order is incorrect please encourage your child to come and see the Canteen Manager. We will try and assist by substitution where possible.

If you have any questions regarding the canteen operation or menu please come and visit the canteen.

Recess Bags

Recess bags are packed and given out with the lunch orders ready for the recess break. Please write your child's, class and the recess bag type. Please ensure it is in a separate bag.

Children's Birthdays

If you would like cupcakes for your child's class to celebrate their birthday, the canteen can make chocolate or vanilla for \$16.00 (25 cupcakes – iced with no other decorations).

To order just give the canteen manager a call or send a note with the:

- Child's name
- Date cupcakes are needed
- The number required
- Money for the order
- Flavour – Chocolate or Vanilla
- Contact phone number and name

Please give 7 working days' notice. Available 5 days per week.

Canteen Staff

Canteen Manager – Sarah Parker

Mobile: 0423 198 171

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