



QUEEN OF APOSTLES SCHOOL

TERM 3 2017 CANTEEN MENU

**The canteen is open at 8.15am
Tuesday, Wednesday and Thursday**

Pre-Primary and Year 1 may place their orders in the box in the classroom or for added convenience, an "Early Bird Box" will now be located in front of the canteen. Please place lunch orders at the canteen **before 9.00am.**

Lunch bags can be purchased from the canteen - 25 bags for \$1.00. It would be helpful if bags were prepared prior to coming to school.

If your child has any dietary or allergy concerns, please do not hesitate to contact the Canteen Manageress for information.

Please don't ask for credit as refusal often offends.

The canteen is staffed by a manager but relies on volunteers to run successfully. Please consider volunteering; a roster is available at the canteen.

This canteen adheres to the Healthy Food and Drink policy as endorsed by the Catholic Education Office.

Information can be obtained from www.det.wa.edu/healthyfoodanddrink/.

****Please refrain from ordering recess items for lunch***

For your convenience there is a link on the School website to "Our Online Canteen". Full details on the school website.

Tuesday Specials

(a)	Good Eating Cruiser Beef Pie	\$3.20	All available with a Side Salad for just \$2.00 more.
(a)	Party Pie	\$1.50	
(a)	Sausage Roll 120gm	\$3.00	
(g)	Chicken Drumstick <i>(with oven-baked fries & cucumber/carrot sticks)</i>	\$5.50	
(g)	Quesadilla (chicken or beef) <i>(with Salsa & Cheese)</i>	\$5.00	

Wednesday Specials

(a)	Sausage Sizzle & Sauce	\$3.50
(g)	Chicken Burger <i>(with lettuce, tomato, cucumber & carrot)</i>	\$5.00
(g)	Chicken Schnitzels <i>(with slice of garlic bread, corn-on-cob & fruit kebab)</i>	\$5.50
(g)	Sushi – Tuna, Teriyaki Chicken or Vegetarian <i>(pack of 4 rolls with Soy Sauce & Wasabi)</i>	\$4.50

Thursday Specials

(a)	Fish, Gems & Corn-on-Cob	\$5.50
(a)	Hamburger	\$5.00
(g)	Chicken Nuggets & Coleslaw <i>(4 nuggets with lettuce, red capsicum, carrot coleslaw and a slice of garlic bread))</i>	\$4.00
(g)	Sushi –Tuna, Teriyaki Chicken or Vegetarian <i>(pack of 4 rolls with Soy Sauce & Wasabi)</i>	\$4.50

HOT - Available Everyday

(g)	Soup of the Day with Bread Roll	\$4.00	Adult \$5.00
	<i>(Choice of Pumpkin; Vegetable; Chicken & Corn; Potato, Leek & Bacon; Tomato)</i>		
(g)	Garlic Cheese Bread	\$1.50	
(g)	Corn-on-Cob	\$1.00	
(a)	Nachos <i>(with salsa & cheese)</i>	\$3.50	
(g)	Pizza Slice	\$3.00	
	<i>(Ham & Pineapple; Bacon & Cheese; Chicken & Cheese)</i>		
(g)	Honey & Soy Chicken Sticks	\$5.50	
	<i>(3 sticks served with Veg Fried Rice + a fruit cup)</i>		
(g)	Pasta with Meatballs	\$4.50	
(g)	Mac n Cheese with veggies	\$4.50	
(a)	Oven Fries	\$3.50	

Gluten Free Options:

Sausage Roll	\$3.50
Pasta with Bacon & Veggies and Olive Oil	\$5.00

COLD - Available Everyday

(g) Sandwiches, Rolls & Wraps *(white or wholemeal)*

	Sandwich	Roll/Wrap
Vegemite	\$1.70	\$2.00
Salad	\$2.70	\$3.00
Cheese & Salad	\$3.20	\$3.50
Ham	\$3.00	\$3.30
Ham & Salad	\$4.00	\$4.30
Chicken	\$3.00	\$3.30
Chicken & Salad	\$4.00	\$4.30
Tuna	\$3.00	\$3.30
Roast Beef	\$3.00	\$3.30
Roast Beef & Salad	\$4.00	\$4.30

Salad – lettuce,
tomato, carrot,
cucumber

Extras

Free range egg	.50
Cheese	.50

Toasted Sandwiches

Cheese	\$2.50
Ham & Cheese	\$3.50
Ham, Cheese & Tomato	\$4.00

(g) Salad Tubs

(Lettuce, carrot, cucumber, beetroot, capsicum, with a choice of dressing)

Small	\$3.00
Large	\$4.50
Add Meat for \$1.00 extra	
Add Cheese for 50c extra	
Add Egg for 50c extra	

DRINKS

GLEE Cans	\$2.50
Flavoured Milks <i>(Choc Chill, Strawberry, Choc Mint, Banana)</i>	\$2.50
Juice Boxes <i>(Apple, Apple & Blackcurrant, Orange)</i>	\$1.80
Natural Spring Water	\$1.00
Milk with Sippah Straw	\$1.50

RECESS

(g) Waffles with Yoghurt & Strawberry	\$1.00
(g) Pikelets	.50
(g) Chicken Nuggets	.50
(a) Hash Browns	.50
(g) Brownies	.50
(g) Cheesies	.50

LUNCH SALES

Homemade Fruit Sorbets	.50	
Quelch Stick	\$1.00	
	Half	.50
Moosies	\$1.50	