

St Mary's 2022 Canteen Pricelist



SANDWICHES

Wholemeal Bread is standard

White or Multigrain bread available upon request

Margarine or butter is not used - available upon request

Toasted Sandwiches 30c extra

Bread Rolls or Wraps 70c extra

Vegemite, or Honey	\$1.50 (O)
Cheese	\$2.00 (E)
Cheese & Tomato	\$2.30 (E)
Chicken	\$4.00 (E)
Chicken, Lettuce & Mayo	\$4.20 (E)
Ham	\$4.00 (E)
Ham & Cheese	\$4.50 (E)
Ham, Cheese & Pineapple	\$4.80 (E)
Tuna or Salmon	\$4.00 (E)
Tuna or Salmon + Lettuce & Mayo	\$4.20 (E)
Salad	\$4.00 (E)
(lettuce, tomato, cucumber, carrot, cheese, beetroot, onion)	

Extra Fillings

Ham, Chicken, Tuna or Salmon	\$2.20 (E)
Cheese or Pineapple	50c (E)
Individual Salad Item	30c (E)
(lettuce, tomato, cucumber, carrot, cheese, beetroot, onion)	

SALAD BOWLS



Fresh Fruit Salad (Seasonal)	\$3.80 (E)
Salad	\$4.00 (E)
(lettuce, tomato, cucumber, carrot, cheese, beetroot, onion)	
Salad & Ham	\$6.00 (E)
Salad & Diced Chicken	\$6.00 (E)



RICE PAPER ROLLS

Vegetarian	\$2.40 (E)
Tinned Tuna or Diced Chicken	\$2.80 (E)
- All rolls include rice noodles, lettuce, cucumber, carrot, capsicum, bean sprouts.	

HOT FOOD

Mini Pie	\$2.60 (O)
Large Pie	\$4.00 (O)
Chicken & Vegetable Pie	\$4.00 (O)
Sausage Roll	\$3.00 (O)
Corn on the Cob	\$1.00 (E)
Chicken Wedge	\$1.00 (O)
Chicken Burger with lettuce & mayo	\$4.00 (O)
" " chicken patty only	\$3.70 (O)
" " tomato or BBQ sauce only	\$3.90 (O)
" " mayo only or lettuce only	\$3.90 (O)
" " with salad	\$4.80 (O)
Chicken wedge wrap	\$5.00 (O)
(3 chicken wedges, lettuce, tomato, sweet chilli sauce)	
Sweet Chilli Chicken Tender	\$1.80 (O)
GLUTEN FREE Chicken Tender	\$1.80 (O)
Pizza Singles	\$3.20 (O)
(ham & pineapple or cheese & bacon)	
Bolognese Twirls (made in canteen)	\$3.80 (E)
Macaroni & Cheese (made in canteen)	\$3.80 (E)
Fried Rice (made in canteen)	\$3.80 (E)
Tomato Sauce	30c (O)
BBQ, Sweet & Sour Sauce, Sweet Chilli	40c (O)



DRINKS

Plain Milk	\$2.20 (E)
Flavoured Milk (Reduced Fat)	\$2.20 (E)
(Chocolate/Strawberry)	
100% Juices	\$2.20 (O)
(Apple, OJ, OJ & Passio, Blackcurrant)	
Bottled Water(600ml)	\$1.80 (E)

(E)-Everyday option, healthy, nutritious.
(O)-Occasional food, select carefully.

Special Meal Deals

All lunch specials include a drink of your choice. Please specify which drink you would like.

Available ALL YEAR

Monday

Fresh fruit salad & Greek yoghurt	\$5.50 (E)
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Wednesday

Chicken or Ham & Salad Wrap	\$7.00 (E)
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Thursday

2 Rice Paper Rolls Plus Drink	\$6.80 (E)
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Please specify either Tuna or Chicken roll and type of sauce - Soy or Sweet Chilli

Friday

Chicken Wedge Wrap	\$6.80 (O)
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3 Hot chicken wedges with lettuce, tomato and sweet chilli sauce in a tortilla wrap

Available only WINTER Terms 2 & 3

Monday

Homemade Nachos	\$6.00 (O)
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Wednesday

Hot Baked Potato with Bolognese and Cheese	\$6.00 (E)
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Thursday

Hamburger - Fresh beef patty, lettuce, tomato, , beetroot, sauce on toasted bun	\$6.00 (E)
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Friday

Home Made Soup & Bread Roll	\$5.50 (E)
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RECESS SNACKS

Available every day

Fresh Fruit(seasonal availability)	60c (E)
Pretzels	\$1.00 (O)
Popcorn	60c (E)
JJ Snacks	\$1.30 (O)
Red Rock Chips	\$1.30 (O)
Piranha Gluten Free Snacks	\$1.50 (O)

RECESS SPECIALS - will change daily

(2 or 3 of the following items each day)

Fresh Fruit Kebab	40c (E)
Fruit Salad Cup (Seasonal)	80c (E)
Garlic Bread or Mini Muffins	40c (O)
Freshly Made Pikelets	40c (E)
Freshly Made Pizza Slice (Tomato/BBQ Sauce, Cheese, Ham on tortilla wrap)	50c (E)
Jelly Cups	40c (O)
Freshly Made Pasta Cup (Term 2 & 3) (Warm pasta with tomato based sauce & cheese)	60c (E)

ICE COLD TREATS

(Lunch Time Only)

Frozen Orange Smiles		5c (E)
Quelch Juice Ice Blocks	½ = 30c	60c (O)
Frozen Juice Cup		80c (E)
Snap Stix Sour Ice Blocks	½ = 50c	\$1.00 (O)
"Juicies" Fruit Ice Block		\$1.00 (E)
Ice Cream Cup, Low Fat		\$1.50 (O)
Lemonade Icy Pole		\$1.30 (O)
Billabong Ice Cream		\$1.70 (O)
Frozen Fruit Yoghurt		\$2.00 (O)

Parent volunteers are always welcome and needed in the canteen. If you are able to help just once a month, for as little as 2 hours, please contact the office. It is a great way to get to know other parents and feel a part of the school community.

For Weeks 2 to 5 of Term 1 the canteen will be serving only lunch orders, which will be via the Qkr! app. The Qkr! user guide is available on the school website under "Letters, Notes and Timetables".

When we resume serving recess snacks and lunch time treats for students, the children will need to line up at the canteen to be served and buy what they like. The Year 6 buddies will help the Kinders with this. Ice blocks and recess snacks **CANNOT** be pre-ordered.

If you will be giving your child money to buy a snack at recess or lunch it is always a good idea to sit down with them and the canteen pricelist and go over what they can buy with their money. Knowing how to use their manners to independently ask for products and developing an awareness of money and what they can use it for are great skills your child will have the opportunity to develop, in a friendly, controlled environment at the school canteen.

Being Allergy Aware!

It's up to all of us.

With food allergies on the increase and **particularly with children in our school having severe nut and/ or egg allergies**, it is worthwhile checking pre-packaged food labels to see what can be potentially harmful and being mindful of homemade food containing these allergens being brought into school, eg. some muesli bars, Nutella, whole egg mayonnaise, etc. The canteen doesn't stock nut or egg products, but we will continue to offer pikelets and mini muffins made with egg replacement.

A severe allergic reaction can occur not just through eating food containing nuts or eggs but also through contact contamination. **Being considerate of the safety and wellbeing of those children with potentially life threatening allergies means not sending food containing nuts or made primarily of egg to school. It is important to teach our children that it is important to wash their hands after eating, at home in the morning, as well as at school, to prevent any cross contamination by contact.**

It is appropriate to remind our children that sharing food can be potentially hazardous to other students. They should only eat what you have packed in their own lunch box and not share food with others.

If your child has food allergies and you have any concerns or questions about products served in the canteen, please contact the school for assistance.