



# Parkfield Primary School Galley

## Term 2 and 3 Winter Menu 2021

*Recess 10.55am*

*Lunch 1.15pm*

The Canteen will be open from 8:00am to 2:00pm

NOTE: All prices are subject to change

Our Menu complies with the Australian School Canteen Association 'traffic light' guidelines with more than 70% of the items classified "green" and recommended for daily consumption. Amber items have been selected carefully and their availability to students is limited.

**Speak with our Manager, Sharon on 9796 5900 for:**

**VOLUNTEERING:** Always happy to have extra help in the kitchen!! We love to make as much homemade food as possible so please call in and we can discuss times you might be available

**DONATIONS:** Donations to keep the breakfast program running are always welcome

**SPECIAL DIETARY NEEDS:** For Students and Staff, please phone or drop in to discuss any special dietary needs. Gluten Free (GF) and Dairy Free (DF) options available on the QKR App





**Order on line through the QKR App or Cash & Eftpos available at Canteen**

## **RECESS**

Including - Cheesies, Custard Cups, Yoghurt, Homemade Slices/Cookies/Muffins, Fruit Salad, and these daily amber specials

<b>Monday:</b>	Pancakes	\$1.00
<b>Tuesday:</b>	Nuggets (Max of 4)	\$0.50
<b>Wednesday:</b>	Hash Browns (Max of 2)	\$1.00
<b>Thursday:</b>	Bacon & Cheese Roll	\$1.00
<b>Friday:</b>	Mini Hot Dogs (Max of 2)	\$1.00

## **DRINKS (available recess & lunch)**

 Water	\$1.50
 250ml Fruit Juice (Apple / Apple & blackcurrant / Orange)	\$1.50
 300ml Chocolate, Spearmint or Strawberry Milk	\$3.00
 250ml Juice Bombs (Apple & Raspberry / Grape / Watermelon)	\$2.50

**\*\*Ice-Creams (After 1.30pm)** (not available to Kindy or Pre-Primary)

 Ice-Creams and Frozen Yoghurts	\$0.50 - \$1.50
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## **Daily Lunch Boxes - \$6.00**

Includes Juice Box - H/M = Homemade

-  ½ Ham & Cheese Sandwich, Mini H/M Muffin, Custard or Yoghurt, Carrot & Cheese – GF/DF Available
-  ½ Vegemite & Cheese Sandwich, Mini H/M Muffin, Custard or Yoghurt, Carrot & Cheese - GF/DF Available
-  Corn Cob & Butter, Mini H/M Muffin, Custard or Yoghurt, Carrot & Cheese - GF/DF Available
-  Twiggy Sticks, Carrot, Cucumber & Celery Sticks, Hummus, Cheese & Crackers - GF/DF Available

**\*\*\*EVERY DAY\*\*\***








**HOT FOOD**

 Pasta Bolognese - GF/DF Available	(Homemade)	\$5.00
 Lasagna - GF/DF Available	(Homemade)	\$5.00
 Macaroni Cheese	(Homemade)	\$5.00
 Macaroni Cheese with Crispy Bacon	(Homemade)	\$5.50
 Spinach & Ricotta Ravioli in Nap Sauce	(Homemade)	\$5.00
 Hot Beef and Gravy Roll - GF/DF Available	(Canteen Roasted Beef)	\$6.00






**FRESH OR TOASTED SANDWICHES & ROLLS**

**(Chicken has been Freshly Roasted in the Canteen)**

**GF or DF Available**

	S/Which	Toasted	Roll
 Cheese	\$3.00	\$3.50	\$4.00
 Cheese & Salad	\$4.00	N/A	\$4.50
 Curried Egg	\$4.00	N/A	\$4.50
 Ham & Cheese	\$4.50	\$4.50	\$5.00
 Ham & Salad	\$4.50	N/A	\$5.00
 Chicken, Cheese & Mayo	\$4.50	\$4.50	\$5.00
 Chicken & Salad	\$4.50	N/A	\$5.00
 Tuna & Cheese	\$4.50	\$4.50	\$5.00
 Tuna & Salad	\$4.50	N/A	\$5.00
 Baked Bean – Toasted Only - GF/DF Available		\$3.50	
 Spaghetti - Toasted Only - DF Available		\$3.50	






**WRAPS**

 Chicken Tender – Tender, Cheese, Lettuce & Mayo	\$5.00
 Ham & Salad	\$5.00
 Chicken & Salad	\$5.00
 Egg & Salad	\$5.00
 Tuna & Salad	\$5.00

**All Salad includes – Tomato, Carrot & Lettuce**

## **BURGERS**

### **Gluten Free & Dairy Free Patties Differ**

-  Cheeseburger – Angel Bay Lite Pattie, Cheese & Tom Sauce \$6.00
-  Burger & Salad - Angel Bay Lite Pattie, Basic Salad & Tom Sauce \$6.00
-  Aussie Burger - Angel Bay Lite Pattie, B/root Relish, Aioli, Red Onion, Tomato, Cucumber, Spinach, Lettuce, Cheese & BBQ Sauce \$7.00
-  Chicken Cheeseburger – Chicken Pattie, Cheese & Mayo \$6.00
-  Chicken Burger & Salad – Chick Pattie, Basic Salad & Mayo \$6.00

### **ADD YOUR FAVOURITES:**

- Tomato, Carrot, Lettuce, Cucumber \$0.50
- Mayo, Aioli, Beetroot Relish, BBQ Sauce, Tom Sauce \$0.50
- Egg, Cheese \$0.50
- Avocado \$1.00

## **WEDNESDAY SPECIAL**

### **Homemade Sushi – Limited Availability - GF/DF**

Teriyaki Chicken & Lettuce \$5.00

Tuna & Cucumber \$5.00

Seafood Stick, Cucumber & Avo \$6.00

All served with Soy Sauce

**Hot Dog \$4.50** GF/DF Available

**Sausage Rolls \$4.00** GF or DF Available

## **FRIDAY SPECIAL**

### **Domino's Pizza**

**GF & DF Options Available**

Ham & Cheese

Hawaiian

Margarita

Meat Lovers

**Party Pies \$1.50EACH** GF/DF Available

**Sausage Roll \$4.00** GF or DF Available

**Birthday Specials – GF & DF Available**

**Decorated Cupcakes \$2 each or Icy Pole Birthday Bucket \$0.60 per/pole**