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Parkfield Primary School Galley

Autumn/Winter Menu 2022

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 online through the QKR App or Cash & Eftpos available at Canteen

Birthday Specials – GF & DF Available

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

RECESS

Selection changes daily - Cheezies, Custard Cups, Yoghurt, Slices, Cookie, Muffins, Fruit Salad, Mini Hot Dogs and more \$0.50 or \$1.00

DRINKS (available recess & lunch)

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

Includes Juice Box

 ½ Ham & Cheese Sandwich, Pop Corn, Custard or Yoghurt, Carrot & Cheese – GF/DF Available	\$6.00
 ½ Vegemite & Cheese Sandwich, Pop Corn, Custard or Yoghurt, Carrot & Cheese - GF/DF Available	\$6.00
 Corn Cob & Butter, Small Muffin, Custard or Yoghurt, Carrot & Cheese - GF/DF Available	\$6.00
 Mini Hot Dog, Pop Corn, Custard or Yoghurt, Carrot & Cheese - GF/DF Available	\$6.00












Hot Food

 Beef Lasagna - GF/DF Available	\$6.00
 Chicken, Corn & Egg Drop Noodle Soup - GF/DF Available	\$5.50
 Mac & Cheese	\$5.50

Add Bacon or Tuna \$1.00

FRESH OR TOASTED SANDWICHES & ROLLS

GF or DF Available

	S/Which	Toasted	Roll
 Cheese	\$3.50	\$3.50	\$4.00
 Cheese & Salad	\$4.50	N/A	\$4.50
 Curried Egg	\$4.50	N/A	\$4.50
 Ham & Cheese	\$5.00	\$5.00	\$5.50
 Ham & Salad	\$5.00	N/A	\$5.50
 Chicken, Cheese & Mayo	\$5.00	\$5.00	\$5.50
 Chicken & Salad	\$5.00	N/A	\$5.50
 Tuna & Cheese	\$5.00	\$5.00	\$5.50
 Tuna & Salad	\$5.00	N/A	\$5.50
 Baked Bean – Toasted Only - GF/DF Available		\$3.50	
 Spaghetti - Toasted Only - DF Available		\$3.50	

WRAPS/SALAD

 Sweet Chilli Chicken – Salad, Cheese & Mayo	\$6.50
 Ham & Salad	\$5.50
 Chicken & Salad	\$5.50
 Egg & Salad	\$5.50
 Tuna & Salad	\$5.50
 Caesar Salad – Add Chicken \$1.00	\$5.50

All Salad includes – Tomato, Carrot & Lettuce

GOURMET TOASTED

 Turkish Chicken Pesto - Chicken, Cheese, Spinach, Pesto, Red Onion & Aioli – Df Available - GF available only in Wrap	\$7.00
 Brunch Wrap – Bacon, Egg, Cheese, Hash Brown, BBQ or Tom Sauce – GF & DF available	\$6.50
Add Avocado \$0.50	
Add Spinach \$0.50	

BURGERS & HOT ROLLS

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 or Chicken 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
-  Hot Chicken and Mayo Roll \$6.50

ADD YOUR FAVOURITES:

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

WEDNESDAY SPECIAL

Bakers Delight Pizza \$6.00

Hawaiian

Margarita

BBQ Bonanza

GF & DF Options Available only with Domino's

Hot Dog \$5.00 GF/DF Available

Sausage Rolls \$4.50 GF or DF Available

THURSDAY SPECIAL

Stuffed Spud served with Sour Cream— DF available

Bacon, Cheese, Peas & Corn \$6.00

Butter & Cheese \$5.00

Yumbo – Ham and Cheese Melt \$ 6.00

FRIDAY SPECIAL

Chicken Treat \$7.00

Chicken & Chips

Nuggets & Chips

GF & DF Options Available only with Domino's

Party Pies \$1.50EACH GF/DF Available

Sausage Roll \$4.50 GF or DF Available