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Parkfield Primary School Galley

Summer Menu 2022 - 2023

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

Cheezies, Custard Cups, Yoghurt, Slices, Cookie, Muffins, Fruit Salad, Mini Hot Dogs and more

DRINKS (available recess & lunch)

 Water	\$1.50
 250ml Fruit Juice (Apple / Apple & blackcurrant / Orange)	\$1.50
 300ml Chocolate 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	\$6.50
 Sliced Ham, ½ Boiled Egg, Cheese, Cherry Tomato, Carrot, Cucumber, Celery Sticks & Crackers- GF/DF Available	\$6.50

WRAPS

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

All Salad includes – Tomato, Carrot & Lettuce

FRESH OR TOASTED SANDWICHES & ROLLS

GF or DF Available

	S/Which	Toasted	Roll
 Cheese	\$4.00	\$4.00	\$4.50
 Cheese & Salad	\$5.00	N/A	\$5.50
 Curried Egg	\$5.00	N/A	\$5.50
 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		\$4.00	
 Spaghetti - Toasted Only - DF Available		\$4.00	




SALADS

 Pumpkin & Feta Salad – GF Available	\$6.50
 Caesar Salad – GF Available	\$6.50

Add Chicken \$1.00

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 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

ADD YOUR FAVOURITES:

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

MONDAY SPECIAL

Homemade Rice Paper Rolls x 3 – Limited Availability - GF/DF

Vermicelli Rice Noodles

Chicken, Shredded Lettuce, Carrot and Cucumber \$6.00

Add Sweet Chilli Sauce \$0.60

All served with Soy Sauce

Canteen Pizza - Limited Availability - GF/DF \$5.00

Margarita

Hawaiian

Meat Lovers

Served in its own little pizza box

WEDNESDAY SPECIAL

Homemade Sushi 7 Pieces– Limited Availability - GF/DF

Teriyaki Chicken & Lettuce \$6.00

Tuna & Cucumber \$6.00

Seafood Stick, Cucumber & Avo \$6.50

All served with Soy Sauce

Hot Dog \$5.00 GF/DF Available

Sausage Rolls \$5.00 GF or DF Available

THURSDAY SPECIAL

Yumbo \$6.00

Brunch Wrap \$6.50

Egg, Bacon, Hash Brown, Cheese & Sauce

Chicken, Cheese, Bacon, Spinach & Mayo or Aioli

Toasted Turkish \$7.00

Chicken, Pesto, Cheese, Red Onion, Spinach & Aioli

FRIDAY SPECIAL

Hot Dog \$5.00 GF/DF Available

Party Pies \$1.50 EACH GF/DF Available

Sausage Roll \$5.00 GF or DF Available

Birthday Specials – GF & DF Available

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

MUST HAVE 48HRS NOTICE PRIOR TO ORDERS BEING MADE – CONTACT

CANTEEN