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## Parkfield Primary School Galley

# Summer/Autumn Menu 2023/2024

*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 or Veeta 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**

Prices Range from 0.50 – 1.50. Cash orders only

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

 Water	\$2.00
 250ml Fruit Juice (Apple / Apple & blackcurrant / Orange)	\$1.50
 300ml Chocolate or Strawberry Milk	\$3.00
 250ml Juice Bombs (Apple & Raspberry, Grape, Orange & Passionfruit or Watermelon)	\$3.00

**\*\* 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, Lamington, 2 Fruits, Carrot & Cheese – GF/DF Available	<b>\$6.00</b>
 ½ Vegemite & Cheese Sandwich, Lamington, 2 Fruits, Carrot & Cheese - GF/DF Available	<b>\$6.00</b>
 Corn Cob & Butter, Small Muffin, 2 Fruits, Carrot & Cheese - GF/DF Available	<b>\$6.50</b>
 Mini Hot Dog, Lamington, 2 Fruits, Carrot & Cheese - GF/DF Available	<b>\$6.50</b>
 Sliced Ham, ½ Boiled Egg, Cheese, Cherry Tomato, Carrot, Cucumber, Celery Sticks & Crackers- GF/DF Available	<b>\$6.50</b>

### **WRAPS**

 Sweet Chilli Chicken – Salad, Cheese & Mayo	\$6.50
 Ham & Salad	\$6.00
 Chicken & Salad	\$6.00
 Egg & Salad	\$6.00
 Tuna & Salad	\$6.00

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

## **FRESH OR TOASTED SANDWICHES & ROLLS**

### **GF or DF Available**

	S/Which	Toasted	Roll
✚ Cheese	\$4.50	\$4.50	\$5.00
✚ Cheese & Salad	\$5.50	N/A	\$6.00
✚ Curried Egg	\$5.50	N/A	\$6.00
✚ Ham & Cheese	\$5.50	\$5.50	\$6.00
✚ Ham & Salad	\$5.50	N/A	\$6.00
✚ Chicken, Cheese & Mayo	\$5.50	\$5.50	\$6.00
✚ Chicken & Salad	\$5.50	N/A	\$6.00
✚ Tuna & Cheese	\$5.50	\$5.50	\$6.00
✚ Tuna & Salad	\$5.50	N/A	\$6.00
✚ Baked Bean – Toasted Only - GF/DF Available		\$5.00	
✚ Spaghetti - Toasted Only - DF Available		\$5.00	

### **SALADS**

✚ Pumpkin & Feta Salad – GF Available	\$6.50
✚ Caesar Salad – GF Available	\$6.50
✚ Greek Salad with Lettuce	\$6.50

Add Chicken \$1.00

### **BURGERS**

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

✚ Cheeseburger – Angel Bay Lite Pattie, Cheese & Tom Sauce	\$6.50
✚ Burger & Salad - Angel Bay Lite Pattie, Basic Salad & Tom Sauce	\$6.50
✚ Aussie Burger - Angel Bay Lite Pattie or Chicken Pattie, Beetroot, Aioli, Red Onion, Tomato, Cucumber, Spinach, Lettuce, Cheese & BBQ Sauce	\$7.00
✚ Chicken Cheeseburger – Chicken Pattie, Cheese & Mayo	\$6.50
✚ Chicken Burger & Salad – Chick Pattie, Basic Salad & Mayo	\$6.50
✚ Hash Brown & Salad – H/Brown, Basic Salad & Tom Sauce	\$6.50

### **ADD YOUR FAVOURITES:**

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

## **WEDNESDAY SPECIAL**

**Homemade Sushi 7 Pieces– Limited Availability - GF/DF**

Teriyaki Chicken & Lettuce \$6.50

Tuna & Cucumber \$6.50

Seafood Stick, Cucumber & Avo \$7.00

All served with Soy Sauce

**Hot Dog \$5.50** GF/DF Available

**Sausage Rolls \$5.50** GF or DF Available

## **THURSDAY SPECIAL**

**Croissants – GF/DF AVAILABLE**

Cheese \$6.00

Cheese & Tomato \$6.50

Ham & Cheese \$6.50

Bacon, Spinach & Tomato with Aioli \$7.00

**Toasted Turkish**

Chicken, Pesto, Cheese, Red Onion, Spinach & Aioli \$7.00

## **FRIDAY SPECIAL**

**Hot Dog \$5.50** GF/DF Available

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

**Sausage Roll \$5.50** GF or DF Available

**Birthday Specials – GF & DF Available**

**Decorated Cupcakes \$2.50 each or Icy Pole Birthday Bucket \$0.60 each**

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