



Romsey Primary School

Canteen Menu – Term 4, 2018

ORDERING IS NOW AVAILABLE ONLINE @ Qkr

COLD FOODS

Wraps	\$5.80
Tuna Or Egg with your choice of lettuce, tomato, cucumber, carrot or beetroot	
Fruit Salad GF	\$5.80
Watermelon, Rock melon, pineapple, kiwi, orange & strawberries	

HOT FOOD

Tempura chicken nuggets (serve of 3)	\$2.80
Corn on the Cob (serve of 2) GF	\$3.00
Steamed dim sim	\$1.00
Sweet chilli chicken tender	\$1.80
Toasted sandwich (your choice of)	\$3.50
Ham, cheese, tomato, egg	
Vegetable pastie	\$4.00
King Size Suasage Roll	\$4.00
Egg and Bacon Roll	\$4.50
Chicken Burger	\$5.00
<i>Crumbed chicken, with your choice of lettuce, mayo, cheese on a white roll</i>	
Pizza Log	\$4.50
<i>Tomato paste, ham, cheese, & pineapple</i>	
Nacho's	\$4.50
<i>Corn chips, salsa & cheese</i>	
Sauces at no extra cost: soy, mayo and tomato	

SNACKS

Gingerbread Men	\$2.10
Delites– Sour cream & chives or Sea salt	
Balsamic GF	\$1.20
Corn toss cheese or BBQ GF	\$1.00
Jumpys chicken or salt and vinegar	\$1.00
Vegie Chips-Italian Supreme or	
Honey Soy GF	\$2.00
Yoghurt bars	.20c

FROZEN

Quelches icy poles	.50c
<i>(No added sugar, 99% fruit juice)</i>	
Splits (large)	\$1.00
<i>Raspberry, orange, tropical, wildberry</i>	
Slushy Cups GRAPE (99% fruit juice)	\$1.50
Frozen Yoghurt	\$1.50

DRINKS

Just Juice (No added sugar)	\$2.00
<i>Apple, orange, passion punch, apple and blackcurrant</i>	
Glee juice bubbles	\$2.50
<i>(no added sugar 99% juice)</i>	
<i>Tropical, raspberry, blackcurrant, bubblegum grape</i>	
Water 600ml	\$1.00
Big M - chocolate, strawberry	\$2.50
Milk shakes <i>Chocolate, strawberry, banana, blue heaven</i>	\$2.50

Please note:

- ***GREEN** - (healthiest choice) low in saturated fat,/sugar /salt. Low in energy (kilojoules)
- * **AMBER**- (Sometimes consumed) contains some nutritional value although contains saturated fat,/added sugar / salt, also provides to much energy(kilojoules)
- ***RED**- (Rarely Consumed) contains high energy, saturated fat,/sugar /salt, low in important nutrients .
- ***GF**- Gluten Free

ANY ALLERGIES MUST BE NOTED CLEARLY ON YOUR CHILD'S LUNCH ORDER

**Lunch order bags can be supplied by the canteen at a cost of 20 cents per bag. Please add this to the total cost of your order.

**Lunch order bags must be brought to the canteen by the student when they are collecting soup, hot chocolate, milk shakes and frozen items.

Please note that canteen operates **5 days per week this year—Monday to Friday.**

CANTEEN HELPERS NEEDED 1.5 hours Fridays only

If you can help as a volunteer in the canteen, please complete this slip and return it to school or contact Trish (Canteen Manager) on 5429 5099.

Please note that pre-school children cannot attend while you are helping in the canteen due to OHS regulations. You will need to have a current Working With Children card to volunteer at school.

www.workingwithchildren.vic.gov.au (Its free to apply)

Help may only be required once a term, for 1.5hrs on a Friday.

Name:

Phone number: