



# QUEEN OF APOSTLES SCHOOL

## TERM 4 2018 CANTEEN MENU

The canteen opens at 8.15am  
Tuesday, Wednesday and Thursday

'Early bird' box is located in front of the canteen.  
Please place lunch orders before 9.00am.  
Bags can be purchased from the canteen-  
Lunch bags 25 bags for \$1  
Recess Bags 25 for 50c  
The Queenies canteen adheres to the  
Healthy Food & Drink policy as endorsed by the  
Catholic Education Office.  
Order online by registering at  
[www.quickcliq.com.au](http://www.quickcliq.com.au)  
(Link available on the school website)  
Volunteers welcome to help out.

### RECESS

- \$1.50 Fruity Smoothie (Banana, Strawberry  
Mango + Yoghurt + Milk)
- \$0.50 Cheesie
- \$0.50 Hash brown (a)
- \$0.50 Chicken Nuggets
- \$1.00 Superheros (Celery Sticks, Carrot  
Sticks  
Cheese sticks & Hummus)
- \$0.50 Pikelets
- \$2.00 Summer Parfait - Fruit, Yoghurt, Granola
- \$1.00 Fruit Skewer (3 fruits)

### LUNCH

Available everyday

- \$3.00 Pizza slice (Bacon & cheese, Chicken or Hawaiian)
- \$5.50 Butter chicken with veggies & rice
- \$5.00 Stir fry noodles with veggies & chicken
- \$1.00 Corn-on-the-cob

- \$3.50 Nachos (homemade veggie sauce + cheese)
- \$5.00 Spaghetti Bolognaise

### TUESDAY SPECIALS

- \$3.40 Lite & Up Cruiser Beef Pie (a)
- \$3.20 Up & Lite Sausage roll (a)
- \$5.00 Chicken Wrap (Chicken, Corn, Lettuce,  
Carrot, Hummus)

### WEDNESDAY SPECIALS

- \$3.50 Sausage Sizzle (add Lettuce & Tomato  
for \$0.50 (a))
- \$5.00 Crunchy Chicken Burger (Grilled Chicken with  
Lettuce, Tomato, Carrot & Cucumber)
- \$4.50 Sushi- (4) Tuna, Chicken Teriyaki or Veggie rolls

### THURSDAY SPECIALS

- \$5.50 Fish, Homemade Potato Chips & Corn
- \$5.00 Beef Burger
- \$4.50 Sushi- (4) Tuna, Chicken Teriyaki or Veggie rolls

### AFTER LUNCH SALES

- \$1.00 Icy Poles (a)
- \$1.00 Ice-cream Cone (a)
- \$1.00 Fruity Freeze
- \$2.50 Waffle Bowl with Ice-cream & Fruit

### SANDWICHES, ROLLS & SALAD

- Wholemeal bread with fillings of your choice,  
\$0.50 extra for a roll.*
- \$3.00 Egg & mayo
  - \$3.50 Cheese & Salad
  - \$4.00 Chicken & Salad

### Toasties

- \$2.50 Cheese
- \$3.50 Ham & Cheese
- \$4.00 Ham, Cheese & Tomato
- \$4.50 Chicken, Cheese & olives

- \$5.00 Garden salad (TLCCB + Dressing)
- \$1.00 Ham or Chicken, grilled
- \$1.00 Egg or Cheese
- \$5.00 4 Bean Salad (Tomato, Green Peppers,  
Cucumber) in a tangy dressing.

### DRINKS

- \$1.00 Bottled water
- \$1.50 Milk-sippah straw
- \$2.50 Flavoured milks 300mL  
Chocolate/ Strawberry/ Banana (a)
- \$2.00 Juice box 250mL  
Apple/ Orange/ Apple & Blackcurrant (a)
- \$2.50 Juice bomb sparkling juice  
Watermelon/ Grape (a)

### COMBOS

- \$5.50 Noodle cup+Milo+Fruit skewer
- \$5.50 Chicken & Cheese toastie +Banana  
smoothie Brownie

### Gluten Free Options

- \$3.80 GF Chicken Nuggets + Carrot &  
Cucumber sticks
- \$5 Teriyaki Chicken & Veg Fried Rice

Should your child suffer **ALLERGIES** or intolerances to certain foods, or you need to make a special request, feel free to contact us on 94574913 or visit the canteen from Tuesday-Thursday. Most food items are freshly made at the canteen. Items marked (a) are amber. Unmarked items are green. We follow **the' Traffic Light System'**  
GREEN=eat everyday  
AMBER=eat moderately  
RED=there are no red items on this menu.  
Lookout for **Weekly specials** on the canteen board.