



# QUEEN OF APOSTLES SCHOOL

## TERM 3 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

- \$1.00 Warm Milo
- \$0.50 Cheesie
- \$0.50 Hash brown (a)
- \$0.50 Chicken Nuggets
- \$1.00 Mini Sausage Roll
- \$0.50 Popcorn
- \$0.50 Pikelets
- \$1.00 Warm Custard & Fruit
- \$0.50 Muffins

### LUNCH

Available everyday

- \$5.00 Soup of the day with garlic bread roll
- \$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)
- \$4.50 Mac n Cheese with veggies (add 2 chicken strips for \$1)

### TUESDAY SPECIALS

- \$3.40 Up & Lite Cruiser beef pie (a)
- \$3.20 Up & Lite Sausage roll (a)
- \$5.00 Creamy Chicken Pasta (Chicken, Bacon & veggies in a cheesy sauce)

### WEDNESDAY SPECIALS

- \$3.50 Sausage sizzle (add lettuce & tomato for \$0.50 (a))
- \$5.00 Chicken Sub (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 Burger (Chicken or Beef)
- \$4.00 Chicken Meatball pops with Coleslaw & Cheesy Soldiers-bread strips
- \$4.50 Sushi- (4) Tuna, Chicken Teriyaki or Veggie rolls

### AFTER LUNCH SALES

- \$1.00 Icy poles (a)
- \$1.00 Ice-cream Cone (a)
- \$0.50 Frozen milk (strawberry/banana or chocolate)

### 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
- \$2.00 Fruit Salad Cup

### 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 Noodle cup+Milo+Fruit skewer
- \$5 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.