



## Canteen News

Term 1 2019

### Welcome Back

Welcome back for the 2019 school year. We hope you all had a relaxing summer holidays and are excited about the year ahead.

We look forward to continuing to provide your children with healthy tasty meals.

### New Summer Menu

Please find attached a copy of the new Snack Shack Summer menu handy for term 1. You will notice that some items have increased in price due to supplier price increases. Where possible we have kept increases to a minimum.

### Online Ordering

We are continuing with the online ordering system which allows us to offer your children more variety and fresher food options. It is very easy and simple to use. You can set up your account at [www.quickcliq.com.au](http://www.quickcliq.com.au)

If you are already a customer, please remember to update your child's room number to ensure lunches go to the correct rooms.

KINDY'S are able to order lunch only if their school days are Monday, Wednesday or Friday.

### Student Birthdays

We are happy to continue the provision of cupcakes for student birthdays. The cupcakes provided will be amber & meet the criteria of the healthy eating policy. \$25 will include a cupcake for each child in the class, and a balloon & party hat for the birthday child. Please order 1 week in advance. This can now be ordered online.

### Free Fruit Fridays

With our focus being healthy food options, the canteen and P & C are pleased to provide ongoing free fruit platters on Fridays. Your children are encouraged to come to the canteen and grab some cut fruit with no obligation to buy anything.

### School Garden

A huge thank you goes out to our school garden gurus!!! We are so pleased to be using a variety of home grown produce in our cooking.

## **NEW MENU ITEMS**

Look out for weekly specials on the P&C Facebook Page and in the Newsletter.

### **Recess Time:**

- Homemade Fruitcicles (icy treats made with real fruit)
- Recess Packs #1, #2 or #3
- Chocolate Protein Balls
- Variety of home baked treats such as slices and muffins

### **Lunch Time:**

- GF Bread is now available for Sandwiches and Toasties
- Homemade Lasagne (V)
- Chicken and Pumpkin Risotto (GF)
- Honey Soy Chicken with Fried Rice (Wednesdays)

## **Volunteers**

Thank you to those volunteers who have come in and helped in 2018. Your help and company has been very welcomed and appreciated.

Volunteers are an asset to our canteen. The support of volunteers allows the canteen to continue to provide fresh, healthy, tasty homemade meals for our children that are affordable. Volunteers are needed Monday, Wednesday and Friday with no experience necessary.

If you can help from 9-1:30 or even for just an hour, please call or see us in the canteen or answer our Facebook posts.

If you cannot volunteer your time, but would like to help out in another way, a donation of any of the following items would be very helpful:

- Sponge scourers
- chux
- dish washing detergent
- spray n wipe
- paper towel

**We look forward to meeting some new faces this year and of course seeing the familiar ones too.**

**Thank You**

**Clare and Emma**


**Duncraig Primary School Canteen**

**Canteen - 9447 8255**

# SUMMER MENU 2019



## COUNTER SALES

Air Popped Popcorn	\$0.20
Pikelet	\$0.30
Chocolate Cupcake Lge/Sml	\$0.60/\$0.20
Choc Protein Balls	\$0.50
Homemade slices/muffins	\$0.60
Apple Slinky (BYO Apple 10c)	\$0.60
Cheesy Pizza Slice (max. 5pp)	\$0.40
Fruit Jelly and Custard OR Custard	\$0.80
Yogo – Chocolate	\$2.00
Homemade Fruitcicles 	\$0.50

## RECESS PACKS

<b>Recess Pack #1</b>	<b>\$1.20</b>
Mini chocolate cupcake, popcorn, cheese & crackers, seasonal fruit	
<b>Recess Pack #2</b>	<b>\$1.70</b>
Mini chocolate cupcake, popcorn, custard & seasonal fruit	
<b>Recess Pack #3</b>	<b>\$2.20</b>
Banana muffin, apple slinky, plain milk	

## CUT LUNCH

Made fresh daily.

	<b>Sandwich</b>	<b>Roll/Wrap</b>
Chicken, Tuna or Egg	\$3.20	\$3.60
Ham or Cheese	\$3.00	\$3.40
Salad	\$2.70	\$3.10
Vegete	\$2.20	\$2.60

### Extras

Lettuce • Tomato • Carrot • Cucumber	25c ea
Cheese • Beetroot	50c ea
Mayonnaise (low fat) • Tomato sauce	30c ea

### Toasted Sandwiches

Cheese	\$3.30
Ham	\$3.30
Ham & Cheese	\$3.60
Chicken & Cheese	\$3.80
Baked Beans	\$3.30


### Chicken Tender Wrap

Chicken strip, cheese, lettuce, carrot, cucumber, mayo (DF & GF Available)	\$4.00 lge \$3.00 sml
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## SALADS

Garden Salad	\$2.70
Lettuce, carrot, tomato, cucumber, dressing (on side)	
<u>ADD</u> Cheese or Beetroot	\$0.50
<u>ADD</u> Crumbed Chicken, or Egg	\$1.00


## COUNTER SALES (lunch only)

Icy Poles	\$0.50
Vanilla Bucket	\$1.30
Moosies (Chocolate, Strawberry, Blue Moon)	\$1.50
Fro-Yo Frozen Yoghurt 	\$2.50

## DRINKS

Water	\$1.00
Milk – Hilo	\$1.00
Hilo Milk & Sippah Straw	\$1.40
Chill – Choc/Strawberry/Banana	\$2.00
Nudie Juice Box (Apple, Orange, Tropical)	\$2.00

## FROM THE OVEN

Nachos (V & GF) (DF Available)	\$3.90
Macaroni Cheese (V)	\$3.90
Beef Bolognese (GF available)	\$3.90
Lasagne (V)	\$4.10
Chicken & Pumpkin Risotto (GF) 	\$4.10

## DAILY SPECIALS

### MONDAY

<b>Pizza Sub</b>	<b>\$3.50</b>
<b>Bacon Blitz</b> (cheese, bacon)	
<b>Pineapple Paradise</b> (cheese, ham, pineapple)	
<b>Magarita Magic (V)</b> (herbs, cheese)	

<b>Ninja Noodle Box</b>	<b>\$3.90</b>
Noodles, beef mince, vegetable, sweet chilli sauce, soy sauce	

### WEDNESDAY

<b>Ninja Noodle Box</b>	<b>\$3.90</b>
Noodles, beef mince, vegetable, sweet chilli sauce, soy sauce	
<b>Honey Soy Chicken Wings</b> 	<b>\$4.50</b>
3 honey soy drumettes served with fried rice	

### FRIDAY

4 'n' 20 Beef Pie	\$3.70
4 'n' 20 Sausage Roll	\$3.30
Tomato sauce	\$0.30

**OPEN: Monday, Wednesday, Friday**  
**PHONE: 94478255**