



Mega Bites Canteen

Open every Wednesday, Thursday and Friday

Effective: Term 2 & 3 2017

Order now online: www.ouronlinecanteen.com.au



Menu



Every Day Green Foods

Hot Food

Chicken Roll 7"	(H)	4.00
Lasagna (Beef)		4.50
Macaroni and Cheese	(H)	4.50
Fried Rice (Pork)		4.50
Chicken Burger W/Salad		4.50
Chicken Strip Wrap W/Salad	(H)	4.50

Notes:

Salad includes: Tomato, Cucumber, Carrot, Lettuce and Mayo.

Toasted Sandwiches & Wraps

Cheese	(H)	3.50
Vegemite and Cheese		3.70
Baked Beans and Cheese		4.00
Ham and Cheese		4.00
Chicken and Cheese	(H)	4.00
Chicken Buritto	(H)	4.50
Hambo		4.50

Toasted Extra's

Pineapple		0.50
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Notes:

Burrito includes: Chicken, Cheese and Nacho Sauce in a toasted Wrap.

Managers Special:

Changes Regularly		4.50
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Cold Food

Sandwiches		
Buttered		2.50
Vegemite		2.70
Cheese	(H)	3.00
Egg		3.00
Salad		3.00
Tuna		3.00
Chicken	(H)	3.00

Ham and Cheese		3.50
Chicken, Salad and Mayo		4.50

Sandwich Extra's:

Cheese		0.50
Salad		1.50
Pineapple		0.50
Upgrade to a Roll or Wrap		0.50
Junior Lunch Box		5.00

Includes: Up to \$3 Sandwich, Juice box, Half an Apple (sliced) and Popcorn.

Salad Box

Includes: Tomato, Cucumber, Carrot, Lettuce, Pineapple and a slice of Bread.

Salad Extra's:

Egg		0.50
Ham		0.50
Chicken		0.50

Amber Lunch Days

Wednesday

Party Pie (50g)		1.20
Sausage Roll (120g)		3.00
Beef Cruiser Pie (180g)		3.50
Beef & Cheese Pie (180g)		4.00

Thursday

Hot Dog and Sauce		4.50
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Friday

Pizza - Hawaiian		4.50
Pizza - Margarita		4.50
Nacho Dippers		4.50

Green Recess (everyday)

Popcorn		0.20
Cheesie 1/2		0.50
Cheesie Full		1.00
Pizza Cheesie		1.50
Apple Slinky		1.00
Fruit Cup - Fruit Salad		1.50
Fruit Cup - Two Fruit		1.50

Amber Recess Days

Thursday

Potato Gems		0.10
Hash Browns		1.00

Friday

Chicken Nuggets		0.50
Chicken Strips (chilli)		1.50

Green Drinks

Bottled Water		1.50
Plain Milk (Hi-Lo) 250mL		1.50
Flavoured Milk 300mL		2.00
(Chocolate, Strawberry, Choc Mint or Banana)		
Up'n'Go(Choc,Vnla) 250mL		2.00
Juice 250mL		1.50
(Apple, OJ, Apl Blk Currant)		
Fruit Yoghurt (Mixed Berry)		2.00
Chocolate Yogo		2.00

Sauce (Tomato Squeezy)		0.40
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Amber Everyday Lunch Sales

Quelch Full		0.60
Quelch Half		0.30
Rice Sticks		1.00
Ic creams (Choc,Banana)		1.50



Some Items come with a warning that some nuts/seeds may be present

(H) = Halal **please enquire at counter**



Prices subject to change without notice

Canteen: 9455 4360





Mega Bites Canteen

ALL lunch orders are to be handed in to the Canteen or placed in the Red box outside the canteen before school starts (8:45) or placed online before 9:00. Orders placed after this time will be subject to limited availability of prepared food.

Credit at the Canteen

Credit will only be provided under the following circumstances:

- 1) A student has left his or her Lunch at home.
- 2) A student has left his or her Lunch money at home.

In these circumstances the student is to report to their teacher first, so the parent/guardian can be contacted.

Credits are only possible to ensure the child has a lunch to eat.

Credits are to be followed up with a note home to the parent/guardian explaining the circumstances and the cost of the food provided, requesting prompt payment.

Opening Times

The Canteen is open from 8.15am on **Wednesday, Thursday and Friday** so lunch orders can be placed before school starts. Recess sales are between 11:00am to 11:20am and Lunch sales (counter sales not orders) are between 12:20pm and 12:35pm.

Attention

This canteen follows the foodsafe program which is nationally recognized.

We do not use any nut products, however please note that some items come with a warning that some nuts or seeds may be present.

Canteen Traffic Light System

Green- These foods are encouraged. Our school has aimed to fill our menu with these foods and drinks.

Amber- Foods should be selected carefully and eaten in moderation.

Red- These foods and drinks are discouraged and as such are off our menu and will not be available.

Nutrition and physical activity messages are being taught in all classrooms to promote healthy lifestyles. The new standards for healthy food and drink choices are in our schools and are consistent with curriculum messages and DO apply to ALL school Canteen Services, Class Treats, School Camps, School Disco's and Excursions.

Lunch Orders now Online!!

Go to: www.ouronlinecanteen.com.au register your child/children, create an account and start ordering!!

Avoid the Queues!! It's Easy... No bags, no change, no waiting, no lost orders!! Order up to 2 weeks in advance!!



Volunteers!! We need you!!

Do you have a few hours to Spare??

If you do and you are willing to assist in the canteen as a volunteer helper, please fill in this Volunteer form (don't worry you can get another copy of the menu when you hand it in) and hand it in to the Canteen or Front office staff. What ever time you can give will be gratefully appreciated. No experience required.

The Canteen work is voluntary and as such we ensure a happy working environment. All volunteers receive 1 x \$5 canteen voucher for every 2 hours volunteering.

Date: _____

Name: _____ Best Contact Number (or 2): _____

Days Available: **Wednesday** **Thursday** **Friday** Preferred Day/Time: _____

Sincere thanks to our wonderful group of volunteer helpers for their continued assistance and support of our canteen