



# THOMAS MITCHELL PRIMARY CANTEEN MENU

Open Everyday

Please write your child's name, class and lunch order with prices on a suitable sized new lunch bag or add 0.20 for provided bag  
Ordering on-line is now available through QKR and our preferred ordering system

## HEARTY HOT FOOD

Curly Spaghetti 97% fat free	\$4.50	☺☺☺ H
Macaroni Cheese 97% fat free	\$4.50	☺☺☺ H
Vegetarian Fried Rice 97% fat free	\$4.50	☺☺☺ HV
Potato Scallop (recess only)	\$1.00	☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Hot Noodles Chicken or Beef	\$3.00	☺☺
Chicken crumbed tender	\$2.10	☺☺GFH
Hot Dog	\$3.60	☺☺
Beef Cheese Burger with Lettuce and Sauce	\$5.00	☺☺☺
Chicken and Cheese Burger with Lettuce & Mayo	\$5.00	☺☺☺ H
Gluten Free Hot Dog (no roll)	\$3.00	☺☺GF
Chicken Breast Nugget - Bag of 3	\$3.50	☺☺
Chicken Breast Nugget - Bag of 6	\$6.00	☺☺
Corn Cobbette	\$1.00	☺☺☺
100% Vegetable Pastie	\$4.20	☺☺ V
Halal Beef Pie	\$4.50	☺☺ H
Lite N Up Beef Pie	\$4.50	☺☺
Lite N Up Sausage Roll	\$4.00	☺☺
Lite N Up Snack Party Pie	\$1.00	☺☺

All pies heart foundation approved, low GI, reduced fat

## SUPER SANDWICHES AND SALADS

		Sandwich	
Vegemite	\$2.10		☺☺☺ V
Cheese	\$2.30		☺☺☺ V
Ham (97% fat free)	\$3.00		☺☺
Ham (97% fat free) and Salad	\$4.00		☺☺
Ham & Cheese	\$3.50		☺☺
Roast Chicken	\$3.50		☺☺☺
Roast Chicken & Salad	\$4.50		☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50		☺☺☺ V
Egg & Lettuce	\$2.80		☺☺☺ V
Egg & Lettuce	\$2.80		☺☺☺ V
<b>Rolls or Wraps extra</b>	<b>\$0.60</b>		
<b>*** All sandwiches on wholemeal bread ***</b> White/Multigrain bread available on request			
<b>FRESH MADE SALAD BOXES</b>			
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50	Regular	☺☺☺GF
Add beetroot	\$0.50		
Add egg	\$0.50		
Add Chicken or Ham	\$1.00		

## TASTY JAFFLES

Baked Bean and Cheese	\$3.40	☺☺☺ V
Spaghetti	\$3.00	☺☺☺ V
Cheese	\$3.00	☺☺☺ V
Ham and Cheese	\$4.00	☺☺☺

You can now order online through QKR

Download the App through the App store or Google Play

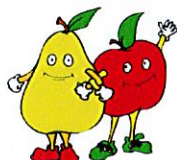
Preferred Payment Method



## SPECIAL SNACKS

Popcorn, Sea Salt or Slightly Sweet	\$1.60	☺☺GF
Red Rock Chips Honey/Soy	\$1.60	☺☺
Chips Sea Salt	\$1.60	☺☺GF
Home Style Cookies	\$2.20	☺☺
Gingerbread	\$1.60	☺☺
Ovalteemies	\$1.20	☺☺
Homemade Mini Muffin	\$1.00	☺☺
Veggie Cup with Dip	\$2.00	☺☺☺GF
Fruit Salad Cup	\$2.00	☺☺☺GF
Yoghurt Frogs (5 pack)	\$1.00	☺☺
Veggie Crackers BBQ/Cheese	\$1.60	☺☺GF

- ☺☺☺ Every Day Foods
- ☺☺ Select Carefully foods
- V Denotes Vegetarian
- GF Denotes Gluten Free.
- H Denotes Halal Approved



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

# TURN OVER FOR OUR SPECIAL MEAL DAYS

## EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.30	☺☺
<b>LUNCH BAGS</b>	<b>\$0.20</b>	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

## DRINKS

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Reduced Fat)	\$2.70	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.70	☺☺☺GF
Apple or Tropical		
Focus Flavoured Water	\$2.70	☺☺GF
Orange, Blue Heaven, Apple Raspberry or Lemonade		

## FROZEN TREATS

Frozen 100% Juice Tubes	\$1.00	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Blue)	\$1.60	☺☺☺GF
Frozen Pineapple, Watermelon	\$0.60	☺☺☺GF
Twisted Frozen Yoghurt Choc/Van or Mango/W/Melon	\$2.30	☺☺☺GF
Streets Choc Shake Cup	\$3.00	☺☺
Streets Paddle Pop Rainbow	\$2.00	☺☺

Bring your lunch bag back to the canteen to collect your frozen treat

## EVERYDAY SPECIAL LUNCH PACK

Salad Sandwich		
Slice of Fruit	\$5.50	☺☺☺
Mini Muffin		
Water		

EFFECTIVE JULY 2021

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE MARK BAG CLEARLY