



# 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

HEARTY HOT FOOD		
Twister Bolognese 97% fat free	\$4.50	⊙⊙⊙ H
Macaroni Cheese 97% fat free	\$4.50	⊙⊙⊙ H
Chicken Fried Rice 97% fat free	\$4.50	⊙⊙⊙ H
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	\$3.30	⊙⊙
Chicken Breast Nugget - Bag of 6	\$5.50	⊙⊙
Corn Cobbette	\$1.00	⊙⊙⊙
100% Vegetable Pastie	\$4.20	⊙⊙ V
Halal Beef Pie	\$4.50	⊙⊙ H
Good Eating Beef Pie	\$4.50	⊙⊙
Good Eating Sausage Roll	\$4.00	⊙⊙
Good Eating 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	⊙⊙
Tuna & Salad	\$4.00	⊙⊙⊙
Roast Chicken	\$3.50	⊙⊙⊙
Roast Chicken & Salad	\$4.50	⊙⊙⊙
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50	⊙⊙⊙ V
Egg & Lettuce	\$2.80	⊙⊙⊙ V
Rolls or Wraps extra	\$0.60	
*** All sandwiches on wholemeal bread *** White/Multigrain bread available on request		
FRESH MADE SALAD BOXES		
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50 Regular	⊙⊙⊙GF
Add beetroot	\$0.50	
Add egg	\$0.50	
Add Tuna, 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	⊙⊙⊙

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

You can now order online through QKR  
Download the App through the App store or Google Play



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

SPECIAL SNACKS		
Cobs 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	⊙⊙
Ovalteenies	\$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	⊙⊙
Mamee Noodle Snack BBQ	\$1.00	⊙⊙
Mamee Rice Sticks Chicken or Cheese	\$1.00	⊙⊙GF

DRINKS		
600ml Water	\$2.00	⊙⊙⊙GF
250ml Milk (Low Fat)	\$2.70	⊙⊙⊙GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.70	⊙⊙⊙GF
Orange or Apple		
Focus Flavoured Water	\$2.70	⊙⊙GF
Cola, 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
Frozen Yoghurt Tubes Strawberry	\$2.30	⊙⊙⊙GF
Streets Choc Shake Cup	\$2.30	⊙⊙
Streets Paddle Pop	\$2.00	⊙⊙

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



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

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

## TURN OVER FOR OUR SPECIAL MEAL DAYS

EVERYDAY SPECIAL LUNCH PACK		
Salad Sandwich		
Slice of Fruit	\$5.50	⊙⊙⊙
Mini Muffin		
Water		

EFFECTIVE JAN 2020

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE MARK BAG CLEARLY