

2020 CANTEEN MENU

SANDWICHES, WRAPS & ROLLS

<i>Lunch Orders Only</i>		
Sandwich – <i>white or wholemeal (GF available)</i>		
Toasted or plain	- 1 filling	2.50
	- 2 fillings	2.90
Salad Roll or Wrap	- with meat	4.40
	- salad only	3.70
Extra Filling	.40 - meat filling	.70
Toasted Focaccia	- 2 fillings	3.30
Salads		
	- with meat	4.40
	- salad only	3.70

FILLING (*GF except Baked Beans*)

Ham	Cheese	Beetroot	Baked Beans
Chicken	Tomato	Carrot	Honey
Tuna	Lettuce	Cucumber	Corn
Pineapple	Vegemite	Egg free mayo	

DRINKS (*GF*)

<i>Orders, recess & lunch</i>	
Milk - Chocolate or Strawberry	2.00
Apple Juice	2.00
Tropical Juice	2.00
Apple/Blackcurrant Juice	2.00
Bottled Water	1.00
99% Fruit Slushy (<i>Counter Sales Only</i>)	2.00

HOT FOODS

<i>Lunch Orders Only</i>		
Chicken Burger	- no salad	3.40
	- with salad	4.60
Veggie Burger	- no salad	3.40
	- with salad	4.60
Pasta with sauce and cheese (<i>GF available</i>)		4.00
Nachos with sauce and cheese <i>GF</i>		4.00
*Chicken Nuggets - 4 pack		2.50
Half Garlic Bread		1.20
Pizza Single Ham/Pineapple		2.60
Sachet of Tomato Sauce		.25

SUSHI ROLLS

THURSDAY LUNCH ONLY

(order must be placed by 1.00pm
on Wed through the Qkr! app)

Vegetarian sushi roll	3.30
Teriyaki chicken sushi roll	3.30
*Cooked tuna sushi roll	3.30
*Prawn	3.30
Sushi Roll Packs 8 pieces of bite sized sushi with mini soy (vegetarian, teriyaki chicken, prawn or tuna)	6.50
Soy sauce	.10

RECESS COUNTER SALES

Crumpet with honey, cheese or vegemite	.80
Toasted Fruit Bread	.80
Salada Biscuit with cheese or vegemite	.80
Milk Shakes <i>GF</i>	1.50
Milo	1.00
Popcorn <i>GF</i>	.40
99% Fruit Slushy <i>GF</i>	2.00
Fresh Fruit Tub	2.00

LUNCH COUNTER SALES

Ice Cream Cone	.80
Frozen 99% Fruit Stick <i>GF</i>	.80
Frozen Yoghurt <i>GF</i>	2.20
Salada Biscuit with cheese or vegemite	.80
Fresh Fruit Tub	2.00

SNACKS

<i>Orders & lunch time</i>	
*Choc Chip Cookie	2.00
Popcorn <i>GF</i>	.40

*contains egg or egg powder *GF* = Gluten Free

OPEN: Wednesday – Thursday – Friday

HOWRAH CANTEEN

Howrah Primary operates the canteen under the guidelines of the *Tasmanian School Canteen Association* and has Silver accreditation. If interested our *Canteen Policy* is available from the office.

Purpose and Aims

To promote healthy food options that foster good health in times of rapid growth and development

- To provide attractively presented, nutritious food and drink options at reasonable prices
- To demonstrate high standards of hygiene in relation to food preparation, storage, serving and documentation within the canteen environment
- To operate as an efficient, cost effective business enterprise
- To provide practical learning experiences involving healthy food choices that link with classroom learning
- To provide the opportunity for the wider school community to have input into the operating of the school canteen through the Canteen Committee
- To encourage consideration and courtesy among all personnel using the canteen facilities

Please note

- We are a 'nut and egg aware' school
- We encourage any suggestions for additions or alterations to our menu
- We welcome any input you may have to help us improve what we believe is a great facility for students and staff

Qkr! app

The Qkr! app is the preferred ordering method. Please follow the attached instructions to download the app and start using today! For confirmation of your order, you will receive a receipt – if you do not receive a receipt, your order has not gone through. (Orders can still be written on a brown paper bag with name, teacher, order and correct money)

Yes, we do need your help!

Our canteen is managed by Judy Harrison and is open 3 days a week, Wednesday, Thursday and Friday.

If you are able to volunteer (especially on a Thursday or Friday) please contact Judy on 6246 6333 or 0409 442 832.

No experience is necessary - you may only be available once per month - however, any time you may be able to contribute would be greatly appreciated by our school community! Enjoy a complimentary canteen lunch whilst you are helping!

A registration to work with vulnerable people is required. An online application can be completed at:

www.justice.tas.gov.au/working_with_children/application

If you do not have access to the internet, call 1300 135 513 for assistance.