

# 2022 CANTEEN MENU

## SANDWICHES, WRAPS & ROLLS

<i>Lunch Orders Only</i>		
*Sandwich – white or wholemeal (GF available)		
Toasted or plain	- 1 filling	2.80
	- 2 fillings	3.20
Salad Roll or Wrap	- with meat	4.50
	- salad only	3.70
Extra Filling	.40 - meat filling	.70
Salads	- with meat	4.40
	- salad only	3.70

\*Nuttlex spread used

## FILLING (GF except Baked Beans)

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

## SUSHI THURSDAY LUNCH ONLY

(order must be placed by 1:00pm on  
Wednesday through the Qkr! app.)

Vegetarian sushi roll	3.50
Teriyaki chicken sushi roll	3.50
*Cooked tuna sushi roll	3.50
*Prawn	3.50
Sushi Roll Packs 8 pieces of bite sized sushi (vegetarian, teriyaki chicken, prawn or tuna)	6.70
Soy sauce	.10

## DRINKS (GF)

<i>Orders, recess &amp; lunch</i>	
Milk - Chocolate or Strawberry	2.40
Apple Juice	2.40
Tropical Juice	2.40
Apple/Blackcurrant Juice	2.40
Bottled Water	1.00

## HOT FOODS

<i>Lunch Orders Only</i>	
Chicken Burger	- no salad 3.80
	- with salad 5.00
Veggie Burger	- no salad 3.80
	- with salad 5.00
Pasta with sauce and cheese (GF available)	4.50
*Chicken Nuggets - 4 pack	2.60
Half Garlic Bread	1.40
Pizza Single Ham/Pineapple	3.00
Sachet of Tomato Sauce	.30

## SNACKS

<i>Orders &amp; lunch time</i>	
Popcorn GF	.60
Fresh Fruit Tub	2.20

\*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 only 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.

## 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](http://www.justice.tas.gov.au/working_with_children/application)

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