

# PARKTONE PRIMARY SCHOOL

## HEALTHY KIDS CAFÉ MENU

### HOW TO ORDER

#### Paper Bag

- If you require a paper bag, please add 20c to your order.
- DO NOT use staples or paper clips on the paper bags.
- Please write the following details for your child's lunch order:

Child's Name, Grade, Food Order & Cash amount enclosed

#### Online

You can order your child's lunch on line at -

**Quickcliq.com.au**

All you need to do is make an account.

Please have orders in by 8.45am.

If your child has a food allergy, please inform the office and Cheryl.

#### Canteen hours of operation

Recess : 10.40am – 11.10am  
Lunch : 1.00pm – 1.50pm

Reusable lunch bags = \$11

\*(v) = vegetarian

\*(vg) = vegan

\*(gf) = gluten free

### SPECIAL MEAL DAYS

#### Monday only - \$6.50

- Recess –
- Cup of Noodle and Hot Chocolate
- Lunch - Chicken Wrap with Chicken Tender Lettuce and Sweet Chilli Sauce  
1 Banana Pop or Melon Pop

#### Tuesday only - \$6.50

- Recess - Mini Pizza and Hot Chocolate
- Lunch - Nachos with Cheese and Mild Salsa  
1 Bag of Popcorn

#### Wednesday only - \$2.40

Sushi Hand Roll - Crispy Chicken Teriyaki, Tuna or Vegetarian (Cucumber and Carrot)

**\$6.50 Lunch/Special**  
2 Sushi Hand Rolls  
1 Fruit Smoothie

### SNACKS - RECESS & LUNCH

Muffin	\$1.00
Popcorn-Homemade	\$1.00
Anzac Biscuit-Homemade	\$1.00
Raisin Toast	\$1.00
Homemade Mini Pizza	\$1.00
Boiled Egg	\$1.00
Corn on the Cobb	\$1.00
Carrot Sticks	\$1.00
Apple Slinky	\$1.00
Hot Chocolate	\$2.00

**SNACK ORDERS**  
Order over the counter at recess and lunch

### DRINKS & FROZEN TREATS

Fresh Fruit Smoothie	\$3.00
Bottled Water (600 MI)	\$2.00
Flavored Springwater	\$2.00
Frozen Fruit Cup (100% juice)	
Apple Blackcurrent Mango	\$1.00
Ice-Cream Cones	\$1.00
Pineapple Ring	\$0.50
Watermelon Pop	\$0.50
Banana Pop (Choc Tip)	\$1.00
Paddle Pop Chocolate Rainbow	\$2.00
Icy Twist	\$1.50



## HOMEMADE SANDWICHES, WRAPS & ROLLS

<ul style="list-style-type: none"> <li>Fresh Sandwich (White or Whole meal bread)</li> <li>(GF add \$1.00) white or Whole meal roll and wrap add 50c</li> </ul>	
Cheese	\$2.30
Vegemite	\$2.30
Choose from the following fillings:	\$3.30
Ham, Chicken, Tuna, Egg or Egg & Lettuce, Tomato, Cheese, Carrot, Beetroot, Cucumber, Lettuce	
<ul style="list-style-type: none"> <li><b>Sauces: mayo, tomato, sweet chilli</b></li> </ul>	No Charge
Salad wrap /or Plate (Lettuce, Tomato, Carrot, Cheese, Mayo)	\$4.00
Salad Plate with Ham, Chicken, Tuna or Egg	
Salad Wrap with Sweet Chilli Tender	\$6.00
(Lettuce, Tomatoes, Carrot, Cheese, Beetroot, Cucumber, Mayo and Sweet Chilli Sauce)	

## GLUTEN FREE VEGETARIAN/VEGAN

Veggie not Burger with Lettuce (Mayo Optional)	v/vg	\$4.50
Noodle Box with Vegetables	v/vg	\$4.00
Pastie	v	\$4.00
Pizza Margarita	v/gf	\$3.50
Nachos (Mission Corn Chips)		\$4.00
And salsa	v/gf	
Hot Dog	v/gf	\$4.00
Strawberry Smoothies with Soy Milk	v/vg/gf	\$3.00
GF Beard add \$1.00 to Sandwich		

## JAFFLES - HOT BAGELS

Cheese	\$3.00
Cheese and Vegemite	\$3.00
Ham and Cheese	\$4.00
Ham Cheese and Tomato	\$4.00
Ham and Pineapple	\$4.00
Ham Cheese and Pineapple	\$4.00
Baked Beans / Spaghetti	\$4.00
<b>(GF Bread or Bagel add \$1.00)</b>	

## PARKTONE PRIMARY SCHOOL HEALTHY KIDS CAFÉ MENU

### HOT FOOD

Spaghetti Bolognese	\$4.00
Beef Lasagna	\$4.20
Macaroni & Cheese	\$4.00
Nachos Cheese & Salsa	\$4.00
Noodle Box Chicken and Vegetables	\$4.00
Pizza (Hawaiian or Margherita)	\$3.20
Cheese Burger with Cheese and Tomato Sauce	\$4.00
Chicken Wrap Sweet Chilli Tender	\$4.00
Lettuce Sweet Chilli Sauce	
Chicken Burger with Lettuce (Mayo Optional)	\$4.00
Chicken Nuggets – 4	\$3.00
Hot Dog – with or without sauce	\$3.80
Lite Pie, Pastie	\$4.00
Sausage Roll	\$4.00
Party Pie	\$1.20
Dim Sim	\$1.20
<ul style="list-style-type: none"> <li><b>Sauces: mayo, Tomato, Sweet Chilli</b></li> </ul>	\$4.80
Fish Finger or Nuggets Meal (Peas, Corn on the Cob and Seasoned Wedges)	