

# LEEMING PRIMARY SCHOOL CANTEEN MENU

## SUMMER 2019

### Recess (purchase online)

● Cheesie	\$1.00
● Cheesie (GF)	\$1.50
● Brekkie Pizza	\$1.00
● Hash Brown	\$1.00
● Cold Milo	\$1.20
● Combo (Milo & Cheesie)	\$2.00
● Combo (Milo & Brekkie Pizza)	\$2.00
● Snax Bento Box	\$2.00
- Rice cracker, cheese, seasonal fruit	

### All Day Snacks (purchase online or from counter)

● Biscuit	\$0.50
● Slinky Apple	\$0.70
● Messy Monkey (GF)	\$1.20
● Popcorn	\$0.60
● Yoghurt Pouch – Strawberry	\$2.00
● Frozen Fruit Pieces	\$0.20
- Orange, Watermelon	

### Drinks (purchase online or from counter)

● Water (600ml)	\$1.50
● Apple Juice Box (250ml)	\$1.50
● Tropical Juice Box (250ml)	\$1.50
● Chocolate Chill Milk (300ml)	\$2.00
● Neapolitan Chill Milk (300ml)	\$2.00
● Strawberry Chill Milk (300ml)	\$2.00
● Apple Raspberry Juice Bomb (200ml)	\$2.50
● Watermelon Juice Bomb (200ml)	\$2.50
● Lemonade Juice Bomb (200ml)	\$2.50

### Sandwich / Sub / Wrap / Salad Tub (purchase online)

● White or Wholemeal Bread	\$2.00
● White Bread (GF)	\$3.00
● Sub Roll	\$2.00
● Wrap	\$2.00
● Garden Salad Tub	\$2.80
- Lettuce, Tomato, Carrot	
Add:	
● Avocado	\$0.60
● Cheese	\$0.50
● Chicken	\$0.60
● Egg	\$0.50
● Ham	\$0.60
● Tuna	\$0.50
● Salad (Lettuce, Tomato, Carrot)	\$0.80
● Vegemite	\$0.20
● Salad Dressing Sachet	\$0.30
● Mayonnaise Sachet	\$0.30

*Toasted, available no charge*

### Lunch Tummy Fillers (purchase online)

● Tomato Sauce Sachet	\$0.30
● Chicken Nuggets 3pk	\$1.50
● Chicken Nuggets 5pk	\$2.50
● Bacon Blitz Pizza	\$3.00
● Margherita Magic Pizza (V)	\$3.00
● Pineapple Paradise Pizza	\$3.00
● Mexican Nachos	\$4.20
● Twister Pasta Bolognese	\$4.20
● Aussie Bento Box	\$4.20
- 2x Chicken Strips, Small Roll, Salad, Popcorn	

**Note: Maximum 5 nuggets can be ordered as per WA School Canteen guidelines.**

### Yumday Monday (purchase online)

● Hot Dog & Sauce	\$3.00
● Chicken Strip Wrap (with lettuce & mayo)	\$4.30

### Thursday Tempters (purchase online)

● Sausage Roll	\$2.50
● Beef Pie	\$3.00
● Beef Pie (GF)	\$3.50

### Ice Creams (purchase online or from counter at Lunch break)

● Quelch Stick	\$0.80
● Vanilla Ice Cream Bucket	\$1.50
● Paddle Pop, Assorted Flavours	\$1.50
- Rainbow, Chocolate	

### Birthday Offer

If it's your child's birthday they may order a recess item, snack or ice cream free. You must give the canteen 3 days notice. Email: leemingpscanteen@gmail.com

#### Codes

- - Amber
- - Green
- (V) - Vegetarian
- (GF) - Gluten Free



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## SUMMER 2019

- ❖ Canteen is open Monday & Thursday's
- ❖ Canteen Orders are to be placed online via your QuickCliq account. - [www.quickcliq.com.au](http://www.quickcliq.com.au)
- ❖ Orders must be placed no later than 8.50am for that day.
- ❖ Students collect items ordered online from the canteen counter at Recess and/or Lunch.
- ❖ The canteen does not recommend ordering more than one amber item per meal break.
- ❖ Students can purchase drink's, ice cream and snack items over the counter with cash after online pre orders are filled.
- ❖ Food or service related enquiries are to be directed to canteen manager Sabrina De Silva 0422 919 508 or [leemingpscanteen@gmail.com](mailto:leemingpscanteen@gmail.com)
- ❖ Online account set up and queries are to be directed to Quickcliq on 1300 116 637 or [info@quickcliq.com.au](mailto:info@quickcliq.com.au)

**\*\*\* IMPORTANT \*\*\*** It is the parents/guardians responsibility to ensure that each child's profile within QuickCliq is kept up to date with health warnings. This can be done via the student profile tab, which allows for the management of student details. Please note that these health/allergy warnings are then displayed in red under the name of the child selected when placing a meal order. These health warnings are seen on our printed lunch labels that are placed on bags.

### Healthy Eating Guidelines

WA Canteens must plan a healthy menu based on a food rating traffic light system. This system is based on the nutritional value of food according to fat, sugar and salt. Each item in our menu has been colour coded for ease of identification and is in line with the WA Government Healthy Food and Drinks Choices Initiative and Star Choice Food Registration Program.

In addition to this lunch items have been classified as gluten free (GF) according to the manufacturer's current categorisation.

Vegetarian (V) items are also listed.

- **Red Foods**— these foods are off the menu and not included at all.
- **Amber Foods**— these foods are included in limited amounts and are selected carefully.
- **Green Foods**— these are everyday foods and are low in fat, sugar and salt.

### Can you help us?

The Leeming Primary School canteen requires volunteers in order to open. Mum's, Dad's, Grandparents we need you to help fill the two morning shifts per week.

Tasks include labelling lunch bags with pre printed labels, making a few sandwiches, sorting and packing orders.

Tea and coffee is provided so bring a fellow parent, we would be grateful for any time you can offer.

If you are able to assist please contact Sabrina.

Thank you for your support of the Leeming Primary School P&C Canteen.