Shelley Primary School
P and C Canteen

TERM 1 2015 menu

Open 8.30am – 12.50pm Mondays, Wednesdays and Fridays

Orders to be in by 8.45am at the latest please (If your order is in late, you may not get your first choice)

Phone 9354 5213

Recess Menu

Cheesie 🍕 – with tomato sauce or plain $1.50
Milo 🍫 – with warm or cold milk $1.50
Jelly cup 🍫 – with fruit, various flavours $1.20
Homemade scone 🍪 – with butter and jam 50c
Homemade healthy chocolate muffin 🍪 50c
Cucumber and carrot sticks with/without salsa $1.00
Pikelets 🍪 – with butter 50c
Popcorn 🍪 – plain, freshly popped 50c
Apple slinky 🍟 80c
Pinkie pop 🍫 – mini frozen strawberry milk pop (other flavours subject to availability: choccies, caramellies, banana-ies) 30c

Handmade in the canteen

Recess items are delivered to Kindy and Pre-Primary classes. All other children collect from the canteen window. Pinkies are not available for Kindy/Pre-primary children (as they melt!) Sorry.
Available Daily

HOT MEALS
Beef lasagne $4.20
Vegetable lasagne $4.20
Spaghetti bolognaise $4.20
Teriyaki chicken and noodles $4.20
Macaroni cheese $4.20
Curry chicken and saffron rice $4.20
Fried rice – chicken or vegetarian $4.20
Garlic bread $1.00

SANDWICHES, ROLLS & WRAPS
One filling choice plus salad and mayo or butter $4.00
Available filling choices:
Chicken, egg, ham, cheese or tuna

Add one extra filling choice add 50c
Sandwich/roll/wrap including Vegetarian pattie $4.50

Salad Tray
One filling choice, salad and dinner roll $4.00
Add extra filling choice add 50c
Including vegetarian pattie $4.50

Eggs are free range. Salad consists of lettuce, tomato, cucumber, grated carrot.

FROM THE GRILL – HOT & TASTY
Toasted sandwiches
Cheese $3.00
Ham and cheese $3.50
Spaghetti and cheese $3.50
Ham, cheese and pineapple $3.70
Chicken and cheese $3.70

Toasted Pizza Pockets
Choice of fillings, folded in a tortilla wrap and toasted
Ham, cheese and salsa or Chicken, cheese and salsa $3.70
Daily Specials

**MONDAY…..chilli chicken and pizza day**
Pizza slice – Hawaiian, Bacon Blitz or Veggie Supreme $3.00
Sweet Chilli Chicken wrap – Oven baked chicken tender fillets with salad and sweet chilli sauce, in a tortilla wrap
Small $3.00 or Large $4.50

**WEDNESDAY…..salad and burger day**
Beef burger or chicken burger or vegetarian pattie – in a roll with salad and mayo $4.50
Sweet chilli chicken tender ‘special’ salad tray $4.50
Chicken burrito – tortilla filled with chicken, salsa and cheese, baked in the oven $4.00

**FRIDAY…..pastry day**
Beef pie $3.70
Chunky chicken and vegetable pie $3.70
Veggie pastie $3.70
Sausage roll $3.00
Sweet chilli or tomato sauce add 30c

**Drinks and Ice Creams**
Plain milk HiLo 225ml $1.50
Juice Box (100% fruit juice) 200ml $1.50
Flavoured milk (Chill) 300ml $2.00
Water 500ml $1.00
MADD slushy (99% fruit juice) 300ml $2.00
LOL Sparkling juice (99% fruit juice) 250ml $2.00

Available at lunchtime only:
Frozen juice icy pole (100% fruit juice) 60c
Vanilla ice-cream bucket $1.50
Paddle Pop – various flavours $1.50
P & C Canteen Guidance Notes – Term 1 2015

Our P&C operated canteen provides healthy lunches and snacks at sensible prices. If any profits are made, they are used by the P&C for the benefit of the students. Most of our items are prepared and/or baked from scratch in the canteen. We regularly conduct research to find new recipes and update our menu in line with current nutritional guidelines. We are also guided by the Department of Education & Training Healthy Food and Drink and 'Traffic Light' policy implemented in March 2008.

Anna and Vicky share the role of Canteen Manager and are present at every shift, but we could not operate without the help of volunteers. As such, help is needed and appreciated from parents, carers, grandparents, aunts/uncles etc. who are willing to donate their time for canteen duty. It is a great way to meet other parents within the school community and the children always love having you there. If you wish to volunteer, simply come to the canteen to find out what’s involved. We welcome any help, whether it is once per term or more!

Ordering:

★ Orders need to be placed in the box at the canteen by 8.45am, using printed lunch bags (available from the canteen at a cost of $1.00 for 20 bags or 10c each). Pre-orders can be made for a subsequent day (please mark the appropriate date on the bag).

★ Kindy and Pre-Primary recess orders are delivered to the classrooms. All other children collect their recess orders at the canteen window. All lunch orders are delivered to the classrooms at lunch.

★ Recess items can be pre-ordered using the bags, or by coming up to the window and paying in person. We encourage pre-orders for recess, so we do not sell out of your favourite choices.

★ Purchases can also be made at the canteen between 12.15 and 12.30pm.

To help the canteen volunteers – please follow these instructions:

★ Please ensure student’s name and room number are on lunch bag and that you are using the current menu.

★ Ensure that daily specials are followed. We don’t like to disappoint our customers but we can only supply these on the days shown.

★ Parents – please keep an eye on your children’s orders to help ensure these requests are followed. This contributes towards a smoother operation of the canteen and helps to encourage our volunteers to keep coming back!