



### 2019 Canteen Menu and Pricelist

The canteen operates on **Friday only**. Pre ordered lunches and over the counter service for Morning Tea and Lunch are available.

#### **How to order:**

OLHC uses an online ordering tool for all pre ordered lunches. We use QuickCliq - [www.quickcliq.com.au](http://www.quickcliq.com.au)

QuickCliq is very user-friendly and is as self-explanatory to use as any other online shopping website. If you require any assistance in ordering, please contact Janie (0405 417 410 [kelman\\_smith@bigpond.com](mailto:kelman_smith@bigpond.com)) or Julie (0414239972 [sidemasi@optusnet.com.au](mailto:sidemasi@optusnet.com.au))

**PLEASE NOTE THAT THE CUT-OFF TIME FOR ONLINE ORDERING IS 8:30am on FRIDAY.** We are able to take last minute orders over the phone but please be advised that no sushi orders can be taken after 8:30am.

#### **Traffic Light System operates in this school**



**Red** – Occasional foods – should be eaten in moderation

**Amber** – Select carefully – some nutritional value

**Green** – “fill the menu foods” – nutritious, low fat, low salt, low sugar

# Pre Ordered Lunch Items

<b>Sandwiches - Fresh or Toasted</b>	
Vegemite, Honey, Jam	\$1.10
Cheese, Ham or Chicken	\$1.50
Ham & Cheese	\$2.00
Chicken & Cheese	\$2.00

<b>Hot Food</b>	
Meat Pie	\$2.70
Potato Beef Pie	\$2.70
Mrs Mac's Giant Sausage Roll	\$2.20
Twista Bolognaise	\$3.00
Macaroni Cheese	\$3.00
Beef Lasagne	\$3.00
Garlic Bread	\$1.00
Fish Finger – single	\$0.50
Chicken Nuggets - single	\$0.50
Noodles – Chicken or Beef	\$2.00
<b>Homemade Pizza</b>	
-Ham, Cheese & Pineapple	\$2.50
Ham & Cheese	\$2.50
Salami & Cheese	\$2.50
Cheese	\$2.50

<b>Sauce Portions</b>	
Tomato Sauce	\$0.20
BBQ Sauce	\$0.25

<b>Sushi</b>	
Salmon Avocado	\$3.50
Tuna Avocado	\$3.50
Tuna Cucumber	\$3.50
Cucumber	\$3.50
Chicken Teriyaki Avocado	\$3.50
Chicken Teriyaki Cucumber	\$3.50
Chicken Teriyaki	\$3.50

# Over the Counter Items

<b>Drinks – Morning Tea &amp; Lunch</b> (can also be ordered in Lunch orders)	
<b>Chocolate Milk</b>	\$1.50
<b>Strawberry Milk</b>	\$1.50
<b>Just Juice – Apple</b>	\$1.20
<b>Just Juice – Orange</b>	\$1.20
<b>Just Juice – Tropical (Paradise)</b>	\$1.20
<b>Just Juice – Apple &amp; Blackcurrant</b>	\$1.20

<b>Bakery Items – Morning Tea &amp; Lunch</b>	
<b>½ Cheese or Pizza Toasties</b>	\$0.50
<b>Cinnamon Donuts</b>	\$0.50
<b>Cookie</b>	\$0.60
<b>Muffin</b>	\$0.60
<b>Iced Donut</b>	\$0.60
<b>Hash Browns (Bag of 5)</b>	\$0.50

<b>Snacks – Morning Tea &amp; Lunch</b>	
<b>Smiths Original Chips</b>	\$0.60
<b>Plain Popcorn</b>	\$0.60

<b>Frozen Items – Lunch Only</b>	
<b>Frozen Orange Juice cups</b>	\$0.50
<b>Jelly Cups</b>	\$0.50
<b>Zooper Doopers</b>	\$0.50
<b>Juicies Tubes – Lemonade or Wildberry</b>	\$0.70

The Canteen will occasionally have pre-ordered specials. Notification of this will be in the weekly school newsletter.

During each term special events are held where; Sausage Sizzles, Chicken Burgers, Gelatos, etc... are available. If you have any other suggestions please let us know.

Profits made from sales go towards the P&F Committee Funds for School Resources.

The canteen is open to any ideas about the foods it provides.

Please call **Janie Kelman-Smith on 0405 417 410** or **Julie Demasi on 0414239972** if you have any queries.

**Thank you for supporting the OLHC Canteen**

