

VPPS CANTEEN MENU Term 3 2023

HOW TO ORDER YOUR LUNCH/RECESS

Recess and Lunch orders available Tuesday, Wednesday, Thursday and Friday.

Online ordering available through the QKR! App.

Write your lunch/ recess order on a bag. Please mark recess and lunch orders clearly.

Make sure Name, Class, Order and Money are included.

Place your order in your class canteen tub on the morning of the day you want your order.

ORDER NOTE: Gluten Free items are marked GF on the menu. If ordering any gluten free items please mark this clearly on your order. Vegetarian marked (V). Halal marked (H)

SNACKS/RECESS

Sultana bags - small.....	5c	large.....	10c
Air Popped Popcorn(V)(GF).....	10c/scoop		
Apple slinky - Our Apple.....	\$1.50		
Cookies.....	50c		
Vegetarian Dim Sims.....	\$1.50		
Giant Cheesy Garlic Bread (V)	\$3.50		

SALADS

Salad Bowl.....	\$5.50
Salad Bowl with Cheese.....	\$6.00

Please Note: We use Nuttalex spread on all of our sandwiches and garlic bread, low fat cheese and Mayonnaise across our menu items and ham is low in sodium.

SANDWICHES—Toasted add 20c

Salad.....	\$4.50
Cheese and Salad.....	\$5.50
Cheese(V).....	\$3.00
Cheese and Vegemite.....	\$3.20
Vegemite Sandwich.....	\$2.50
Ham and Cheese	\$3.50

HOT FOOD—Lunch

Corn Cobette (V).....	\$1.00
Dinosnacks with Veggies.....	\$5.50
Dinos in the Mud.....	\$5.50
Pasta with Bolognese Sauce.....	\$4.50
Pasta with Napolitana Sauce (V).....	\$4.50
Fried Rice (GF)(V).....	\$4.50
Nachos— (GF) toasted tortilla served with salsa & cheese (V)...	\$4.50
Chicken Burger with Lett. & Mayo	\$6.00
Add Cheese...50c Add tomato...50c	
Magherita Sub -half a roll, home-made tomato sauce & grated cheese (V).....	\$3.50
Pizza Sub -half roll, home-made tomato sauce, ham and cheese..	\$ 4.00
Giant Cheesy Garlic Bread -half a roll with garlic butter and melted grated cheese.....	\$3.50
Mini Chicken Tender Wrap.....	\$3.00
GF Chicken Nuggets with Veggies.....	\$6.00
Vegetarian Dim Sims.....	\$1.50
Dinosnacks in a bag –5/serve (H).....	\$3.50
Sauce-Tomato or BBQ.....	50c

DRINKS

Water -chilled or unchilled.....	\$2.00
Plain Milk 99.9% Fat Free 200ml.....	\$2.00
Milk Flavoured 250ml Chocolate or Strawberry.....	\$3.00
Frozen Milk—orders only.....	\$3.10
Glee -Raspberry, Blackcurrant, Grape, Tropical, Sour Blueberry, Sour Watermelon or Sour Cola 99% sparkling fruit juice).....	\$3.50
Juice -Apple, Orange, Apple/Blackcurrant.....	\$2.50
Frozen Juice - orders only	\$2.70

ICEBLOCKS

Quelch 99% Juice.....	\$1.00
Moosies—Chocolate, Blue Moon, Strawberry.....	\$2.00
Juicies— Wildberry, Lemonade.....	\$1.50
Bulla Light Vanilla Ice Cream 98% fat free.....	\$2.50
Slushies 99% fruit Juice.....	\$2.50

We encourage students at VPPS to select foods from the 'green' eat anytime foods and 'Amber' eat sometimes foods. As per the recommendations in the Right Bite Food Guidelines. This supports students with having an understanding of healthy eating and how it impacts them.