

VPPS CANTEEN MENU 2025

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 - ALL SUITABLE FOR VEGETARIANS

Sultana bags - small 5c large 10c

Dried Cranberries 20c/bag

Dried Apricots 55c/bag

Dried Sliced Apples 60c/bag

Air Popped Popcorn (V)(GF) 10c/scoop

Apple slinky - Our Apple \$2.00

Cookies 80c

Vegetarian Dim Sims (V) \$2.00

Giant Cheesy Garlic Bread (V) \$4.50

Lentil Bites- Pumpkin, Carrot or Beetroot (V) \$1.50

Rice Wheels- Burger, Cheese or Chicken (V) \$1.50

Brown Rice and Quinoa Cakes - Salt and vinegar, cheese (V) \$1.50

SANDWICHES—TOASTED ADD 20C

Ham and Cheese \$4.00

VEGETARIAN OPTIONS

Cheese (V) \$3.50

Cheese and tomato (V) \$4.30

Cheese and Vegemite (V) \$3.70

Vegemite Sandwich (V) \$3.00

HOT FOOD—LUNCH

Dinosnacks with Veggies or Salad \$6.00

Dinos in the Mud \$6.00

Pasta with Bolognese Sauce \$5.00

Chicken burger with Lett. & Mayo \$6.50

Add Cheese...70c Add tomato...50c

Add Carrot...20c Add Coleslaw...50c

Pizza Sub -half roll, home-made tomato sauce, ham and cheese \$ 5.00

Mini Chicken Tender Wrap \$3.50

GF Chicken Nuggets with Salad \$6.00

Dinosnacks in a bag -5/serve (H) \$4.00

Sauce-Tomato or BBQ 50c

VEGETARIAN OPTIONS

Corn Cobette (V) \$1.50

Pasta with napolitana sauce (V) \$5.00

Fried Rice (GF)(V) \$5.00

Chickpea Curry served with rice (GF)(V) \$3.50
served with salsa & cheese (V) \$5.00

Magherita Sub -half a roll, home-made tomato sauce & grated cheese (V) \$4.00

Giant Cheesy Garlic Bread -half a roll with garlic butter and melted grated cheese (V) \$4.50

Vegetarian Dim Sims (V) \$2.00

DRINKS

Water -chilled or unchilled \$2.00

Plain Milk 44.4% Fat Free 200ml \$2.00

Milk Flavoured 250ml Chocolate or Strawberry \$3.50

Frozen Milk—orders only \$3.70

Juice -Apple, Orange, Apple/Blackcurrant \$3.00

Frozen Juice - orders only \$3.20

ICEBLOCKS

Quelch 44% Juice \$1.50

Moosies—chocolate, blue moon, Strawberry \$2.50

Juicies— Wildberry, Lemonade or Tropical \$2.00

Everest Ice Cream Tubs- mango, choc-malt or vanilla \$2.20

Bulla Yoghurt Minis-Passionfruit, Strawberry, Mango or Wildberry \$1.50

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.

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.