

KAPINARA CANTEEN MENU - TERM 4, 2018

Open Tuesdays and Thursdays

Online orders at www.quickcliq.com.au close at 8:15am each canteen day

SNACKS (RECESS & LUNCH)

Pikelets (fruit or plain)	0.30c	Go Green Bag (GF)	0.80c
Chocolate muffin	0.80c	(carrot & celery sticks, cucumber, apple)	
Berry apple muffin	0.80c	Apple Slinky (GF)	0.60c
Goodie Bag	0.70c	Fruit Straps (GF)	\$1.00
(Cheerios, Milo cereal, sultanas & pretzels)		(tropical, apple/apricot)	
Yoghurt pouches (GF)	\$1.60	Vege Chips (GF)	\$1.10
(vanilla, strawberry)		(natural, salt & vinegar, chicken, BBQ)	

RECESS ONLY

Cheesie	\$1.00	Mini Pizza	\$1.10
(grilled cheese on wholemeal bread)		(half an English muffin with pizza sauce and melted cheese)	

DRINKS (RECESS & LUNCH)

Flavoured milk (300ml)	\$2.00	Juice box (250ml)	\$1.40
(chocolate, Neapolitan, strawberry)		(apple, orange, apple/blackcurrant, tropical)	
HiLo milk (300ml)	\$1.10		

FROZEN TREATS (LUNCH ONLY)

Quelch Fruit Sticks (icy poles)	0.50c	Vanilla ice cream in a cone	0.70c
Frozen dairy cup (assorted milk flavours)	0.50c		

DAILY LUNCH MENU (TUESDAYS & THURSDAYS)

SANDWICHES, TOASTIES, WRAPS & SALAD

*Served on wholemeal bread unless otherwise requested ** Toasted on request ** Add 0.40c for wraps*

Fillings:

Ham, cheese, tuna, tuna mayo, egg, egg mayo, tomato

Choice of 1 main filling: \$3.40 **Choice of 2 main fillings:** \$4.00

Add salad: Lettuce, tomato, cucumber, grated carrot + 0.50c

Vegemite only \$2.80 Vegemite and cheese \$3.40

Jaffles:

Baked beans or spaghetti \$3.60 With cheese \$4.20

Salad Plate: Cheese, lettuce, tomato, carrot and celery sticks, cucumber, egg, seasonal fruit and crispbread \$5.20

Add ham: \$5.70 Add crispy chicken strip: \$6.20

HOT FOOD

Sausage Rolls \$3.10 Home-Made Macaroni & Cheese \$4.00

Good Eating Party Pies \$1.40 Home-Made Pizza \$4.20

Meat Pie \$3.40 (Focaccia bread topped with pizza sauce,

Tomato Sauce 0.30c ham, pineapple, cheese)

LUNCH SPECIALS

Tuesday: WARM CHICKEN WRAPS

Crispy oven-baked chicken tender served with a mixed salad, home-made mild honey mustard mayo, in a soft wrap \$5.20

Tuesday & Thursday: SUSHI AND TERIYAKI

Sushi – 4 pieces (chicken – no mayo on request; tuna or vegetarian) \$5.00

Sushi – 6 pieces (chicken – no mayo on request; tuna or vegetarian) \$6.10

Teriyaki Chicken (served with rice, garnished with cabbage slaw and Japanese mayo)

Regular \$6.20

Large \$7.20

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Online Ordering with Quickcliq

Kapinara now uses the online ordering system Quickcliq for canteen orders. Set up your family profile, place orders in advance, pay for each individual order or top up your account by credit card or bank transfer. Plus, canteen staff can verify orders and check on missing orders all in real time.

Find out more and sign up at www.quickcliq.com.au

The cut-off time to order with Quickcliq is **8:15am each canteen day**.

Cash Orders

While online orders are preferred, it is still possible to place an order for your child without Quickcliq, using the paper bags at the table outside the canteen.

- Please clearly write your child's **first and last name, year and class** on each bag (e.g. John Smith – 1C) – without this information, your child's order cannot be delivered.
- Lunch orders should be completed on BROWN paper lunch bags.
- Recess orders should be completed on separate WHITE paper bags.

Orders must include **CORRECT** payment or as close as possible and should be received **no later than 8:45am** (when the siren is rung) on each canteen day.

As the canteen keeps no cash on premises, we cannot guarantee being able to provide change at the time of ordering (and please, nothing bigger than a \$10 note, thank you!)

Sustainability

In response to school community feedback, the Canteen will no longer provide single-use plastic straws. Paper straws for use with milk drinks will be provided to orders placed by younger class groups (K, PP) and those with special needs, and by request only for all other year groups.

Healthy Choices

Kapinara Primary School Canteen supports and complies with the WA Government policy, 'Standards for healthy food and drink choices in schools. Learn more at <https://www.waschoolcanteens.org.au/>