

# Sheidow Park Primary School

## Canteen Menu 2020

Open Wednesday, Thursday and  
Friday

Our policy is to provide healthy  
food and support students and  
families to make better choices  
about choices.

We promote nutritious and healthy  
choices by following the  
Rite Bite Healthy and Drink Policy.

Gluten Free and Vegan options  
available

**gf** - Gluten Free

**v** Vegan

### QKR CUT OFF TIME IS 9:15AM

To order school lunches online you must  
pay and order it through the QKR App.  
A bag will be provided with the order.

#### Late or Emergency Lunches

A sandwich will be provided – this  
must be paid within 7 days on the app.

#### Insufficient Money with an order


An alternative cheaper menu item will  
be provided

We are always looking for volunteers  
to help. If interested, please call Jodie  
on 8381 8911 or visit the canteen

Due to Health Regulations food  
brought from home is unable to be  
heated.



### HOT FOODS

Spring Rolls		\$2.00
Garlic Bread	v	.60¢
Fish Fingers		.60¢ each
Dino Nuggets		.80¢ each
Wedges (bag)	v	\$3.40
Wedges (½ bag)	v	\$1.80
Hash Brown Triangles	gf v	.60c (2)

### PIZZA

Ham/Pineapple		\$3.00
BBQ chicken		\$3.00
Pineapple/cheese	v	\$3.00
Fish Pack		\$5.00

*6 fish fingers, 2 hash browns, bread roll, veg  
or salad*

Dino Pack		\$5.00
-----------	--	--------

*5 Dino nuggets, 2 hash browns, bread roll,  
veg or salad*

Burgers		\$4.80
---------	--	--------

*Hawaiian Chicken burger, coleslaw &  
pineapple*



*Chicken Burger, lettuce, tomato, carrot,  
mayo*

*Beef Hamburger, lettuce, tomato, carrot,  
tomato sauce*

*Vegie Schnitzel, lettuce, tomato, carrot,  
mayo v*

HOTDOGS plain **gf v** \$3.40

Extras –

Cheese  30c

Sauces – .20c

tomato, BBQ, sweet chilli, or mayo

Hotdog Combo Pack \$6.50

Hotdog with sauce, juice or flavoured milk, choc chip cookie

Hot Sweet Chilli Chicken Wrap \$4.70

Chilli chicken strips, lettuce, carrot, cucumber, sweet chilli mayo

Mexican Meatball Salad \$5.00

Meatballs with garden salad, corn, cheese, sour cream and salsa

Falafels with garden salad, tomato salsa **v**

\$5.00

Chicken Noodle Cup **v** \$2.20

Spiral Bolognaise \$4.80

Spiral Napolitano **v** \$4.80

Mrs Macs Good Eating Range

Pie \$3.50

Pasty (vegetarian) \$3.50

Sausage Roll  \$3.00

Sauce .20c

Quiche – ham and cheese \$4.50

## SANDWICHES

*Sandwiches on whole meal bread*

*(GF bread available)*

Butter only \$1.00

Vegemite \$1.20

Cheese \$1.50

Ham \$2.20

Egg \$1.70

Tuna \$2.50

Chicken \$2.70

Toasted sandwiches 30c extra

## Wraps

Cheese \$2.00

Ham \$2.50

Egg \$2.20

Tuna \$3.00

Chicken \$3.50

Extras 30c each – lettuce, tomato, cucumber, carrot, cheese

Extras 20c each – tomato sauce, bbq sauce, sweet chilli, mayo or chilli mayo

## DRINKS

Oak Milk – strawberry or chocolate \$2.50

Plain Milk \$1.20

Spring Water \$1.20

Nudie Juice – apple, orange or tropical \$2.50

## ICE BLOCKS – ICECREAMS

Quelch **gf** .60c

½ Quelch .30c

Frozen Yoghurt sticks **gf** .80c

Slushie **gf v** \$1.00

Paddle Pop – chocolate or banana \$1.20

Calippo – raspberry, lemon or orange **gf** \$1.50

Vanilla ice-cream cup **gf** \$1.60

Strawberry frozen yoghurt cup **gf** \$1.80

Golden North swing strawberry **gf** \$2.00

## SWEET TREATS

Choc Chip Cookies .80c

Chocolate or Strawberry mousse **gf** \$1.00

Yoghurt muesli parfait \$1.20

Jellies **gf** \$1.00

Muffins 50c

## SNACKS

Red Rock sea salt chips **gf v** \$1.40

Pretzels .80c

Jumpys .80c

Grainwaves .80c

Popcorn **gf v** .25c