

## FRESH SANDWICHES

*Available Every Day*

Vegemite (g)	\$2.00
Cheese (g)	\$2.50
Ham (a)	\$2.50
Chicken (g)	\$3.00
Salad (g)	\$3.00
add Salad (g) (tomato, carrot, lettuce)	\$1.00
add Cheese (g)	\$0.50

*White & Wholemeal Bread is available for Fresh Sandwiches.*

## TOASTED SANDWICHES

*Available Every Day*

Cheese (g)	\$3.00
Cheese & Tomato (g)	\$3.50
Cheese & Vegemite (g)	\$3.00
Ham & Cheese (g)	\$3.50
Ham, Cheese & Tomato (g)	\$4.00
Chicken & Cheese (g)	\$4.00
Hot Chicken Roll (g)	\$4.00

*Toasted Sandwiches are made with one White & one Wholemeal Slice of Bread.*



### Traffic Light System

**(r) Red** - Off the menu!

**(a) Amber** - Select carefully.

**(g) Green** - **The healthiest choices!**

**NOTE:** Amber menu items are limited to 1 SERVE per person.

## DAILY SPECIALS

### TUESDAY

#### **Mrs Macs Lite'n'Up Range**

Sausage Roll (a) (max.1 per student)	\$3.50
Beef Pie (a) (max.1 per student)	\$4.60
Beef Party Pie (a) (max.4 per student)	\$1.50
Tomato Sauce, portion	\$0.30

### WEDNESDAY

Cheese Pizza (a)	\$4.00
Bacon & Cheese Pizza (a)	\$4.50
“THE LOT” Pizza (a) <i>(Bacon, cheese, capsicum, pineapple)</i>	\$5.00
Vegetarian Pizza (a) (V) <i>(Capsicum, Tomato &amp; Cheese)</i>	\$4.50

*ALL pizzas are made entirely from scratch on premises!*

### THURSDAY

Beef Bolognese Pasta (g)	\$5.00
Vegetable Napolitana Pasta (g) (V) <i>Topped with Tasty Cheese.</i>	\$4.50

### FRIDAY

Vegetarian Fried Rice (g) (V) <i>(Jasmine rice with mixed vegetables)</i>	\$4.00
Chicken Fried Rice (g) <i>(Jasmine rice with mixed vegetables and chicken)</i>	\$5.00

#### **(V) - Vegetarian option**

*\* Please note that there are no variations from menu items listed.*

*\* If your child has an ALLERGY or cannot eat a food for another reason, please come and speak with the Canteen Manager in person.*

## COUNTER SALES

*Come by & see our Weekly Specials!*

*Available at Recess & Lunch*

Selection of Fresh Fruit (g)	\$1.00
Vegie Sticks (g)	\$1.00
Homemade Banana Bread (a)	\$1.00
Energy Ball (g)	\$0.70
Plain Pikelet (small pancake) (g)	\$0.50
Fruit Pikelet (flavour of the day) (g)	\$1.00
Homemade Sweet Muffins (a)	\$1.50
Popcorn (plain air-popped) (g)	\$0.50
Cheesie (g) (V) <i>(half bun with grilled cheese)</i>	\$1.50
Pizza Sub (g) <i>(half bun, tomato sauce, ham &amp; cheese)</i>	\$2.00
Baked Bean Cheesie (g) (V) <i>(half bun, tomato sauce, baked beans &amp; cheese)</i>	\$2.00
<b>Quelch</b> Icy Pole (a) (frozen fruit juice stick)	\$1.00

**(Frozen snacks available lunch only)**

## DRINKS

<b>Harvey Fresh</b> Juices, 250ml (a) <i>(Apple, Orange, Apple Blackcurrant, Tropical)</i>	\$2.00
<b>OAK Light</b> Flavoured Milk, 300ml (g) <i>(Chocolate, Strawberry, Banana)</i>	\$2.50
Soy Milk ( <b>So Good</b> ) (g) 250ml	\$3.00
Water Bottle (g) 600ml	\$2.00

## Online Ordering is easy with **QuickCliq!**

Registering to use this service is  
QUICK & SIMPLE!

Just visit <https://quickcliq.com.au>  
& follow the instructions to register. You will  
require an email address for registration. Once  
set-up you can then **Add Credit** to your online  
account. For your convenience, orders can be  
placed up to 2 weeks in advance!

*Please allow up to 48 hours for initial credit to be  
available in your account.*

*Remember! If placing an online order for that  
day, orders close at 9.00am.*

*If your require any assistance with **QuickCliq** please  
contact them directly.*

*Phone: 1300 116 637*

Next, if you have already purchased your  
fabric **Lunch Wallet** from either the Canteen  
counter or the Uniform Shop, simply add a note  
to the clear pocket "**Online Order**". That's all  
you need to do for fast & efficient lunch order  
placement & it helps us out too!

Lunch Wallets are available to purchase for  
\$10.00 from the Canteen Counter or during  
your next visit to the Uniform Shop!

## Lunch Wallets are Washable, Re-usable & Sustainable!

*Please Note: The School Canteen does not  
offer credit on lunches & other items.*

## Volunteering in your School Canteen

The School Canteen is a **not-for-profit** based  
business that is run by our school's P&C.  
All profit goes directly back into our school  
community & the running of the canteen.  
Without the ongoing help & support of  
volunteers the school canteen would cease  
to exist.

Volunteering in the canteen is a wonderful  
opportunity to meet other parents & carers in  
your school community. The children love to see  
relatives lending a hand too.

Whether you're a Parent, Grandparent or Relative  
we'd love to have you, so please stop by and say  
"Hi" if you are able to put your hand up to help out.

We are always looking for helpers who can  
commit to a minimum of 2 hours just once  
a fortnight, e.g. 9am-11am or 11.30am-1.30pm.

*Areas where help is needed:*

- Food preparation/ kitchen work
- Front counter sales
- Laundry (Thursday/ Friday)
- Handyman jobs

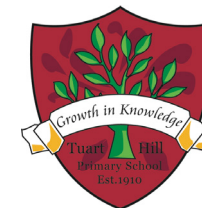
It's not hard work and we have fun everyday!

**Canteen Manager & Co-ordinator:** Kate Wood

**Email:** canteenthps@gmail.com

**Phone:** (08) 9349 1799

**Menu correct at Term 3, 2018**



## Tuart Hill Primary School Canteen

A P&C owned & operated business.

### OPENING HOURS

Tuesday to Friday  
8.20am - 1.00pm

### QuickCliq

*Order cut-off time is 9.00am*

*Orders can be placed at the Canteen counter  
between 8.20 - 9.00am (on the day)*

### LATE ORDERS

There is 9.00am cut-off time for all lunch orders.  
Orders placed after this time (due to unforeseen  
circumstances) will have limited choices available.  
Thank you for your understanding.

### WASCA Traffic Light System

"The **minimum** standard for all public school  
canteens & food services requires that at least  
**60%** of the menu comes from food & drink choices  
that are **Green**, with no more than **40%** of the  
menu coming from the **Amber** category. Note this  
minimum standard for healthy food & drink choices  
includes **everything** offered on the menu i.e.  
Recess, Lunch & after-sales items."

- WA School Canteen Association Buyers Guide , Jan 2016