

Delite Bite - St Benedict's School Canteen Menu (Term 4 & 1 Summer Menu)

No changes to menu (pizza excluded)

RECESS



Pre-order and counter service available

| | |
|---|--------|
| Popcorn | .50c |
| Trail mix | \$1.00 |
| Cranberries, sultanas, cereal and popcorn | |
| Chocolate/Blueberry muffin | \$1.00 |
| Cheesie | \$1.50 |
| Chicken Strip | \$1.00 |
| Yogurt cup (Vanilla) | \$2.00 |
| (add Banana, Berries or Granola) | |
| Cheese, cracker & vegi snack pack | \$1.50 |

LUNCH



Sushi (Order by Tues)

Tuna, Chicken or Vegi
 3 pcs = \$3.50 5 pcs = \$5.00 8 pcs = \$6.50

Salad Box

Lettuce, tomato, cucumber, carrot, mushrooms, cheese

| | |
|---------------------------|--------|
| Served with a dinner roll | \$3.50 |
| With egg | \$4.00 |
| With tuna or ham | \$5.00 |
| With chicken | \$5.50 |

Toasted Focaccia

| | |
|--------------------------|--------|
| Ham, cheese and tomato | \$5.00 |
| Chicken, cheese, spinach | |
| Add avocado - 50c | |

Sandwiches/Wraps and Rolls



| | |
|------------|--------|
| 1 Filling | \$3.50 |
| 2 Fillings | \$4.00 |
| 3 Fillings | \$4.50 |

Choose each different filling's from:

Ham, Tuna, chicken, cheese, egg & salad
 (Salad = lettuce, Carrot, Tomato, Cucumber)
 Roll or wrap add \$1.00
 Gluten free bread add .50

Indicate if you want it toasted

HOT FOODS

Mini Pizza (made to order) \$4.50

Choose your topping: Ham, cheese, pineapple, mushroom, olives

Hot Dog \$3.50

Lite skinless frank with Sauce

Hamburger (wholemeal bun)

| | |
|-----------------------------|--------|
| 100% Beef Patty | |
| With cheese and sauce | \$4.00 |
| add lettuce, tomato, carrot | \$4.50 |

Pies and Sausage Rolls (sauce by request)

| | |
|---------------------------|--------|
| Sausage Roll | \$3.50 |
| Cruizer Meat Pie | \$4.00 |
| G/F Meat pie/Sausage roll | \$4.50 |

DRINKS

Nudie juice box (Apple/orange) \$2.00

Flavoured Milk (Chocolate/strawberry) \$2.00

Juice Bombs (Grape, Apple and Raspberry, Apple and Blackcurrant) \$2.50

AFTER LUNCH

**Available for years 1-6
 Counter service only**

Quelch Icy pole \$1.00
 Moosie (Milk freeze) (chocolate/strawberry) \$1.50

Juicies (frozen fruit juice) (Wild berry, Tropical, Lemonade) \$1.50
 Fro-yo (Frozen Yoghurt Tub) \$2.00

**Please place all orders in by 9am Tuesday morning.
 (This allows for prep time on Wednesday)**

All orders placed after Tuesday will be limited to only Pies, Sausage rolls and Pizza. Please place lunch orders in the blue bin located in the Breezeway.

We would love to have you come and volunteer in the canteen. Any amount of time will help - Please contact Simone at 0438 325 979 <http://signup.com/go/eGCGasD> - Sign up link

Dear Parents/Care Givers

The canteen is open on a Wednesday

To place your order, please write your order on a brown paper bag.
Please just fold the bag and do not tape or staple it. Do not place in zip lock bags.

If you wish, the coins can be wrapped in alfoil as this can be recycled.

Printed brown bags are available from the canteen at a cost of \$1 for 20.

These school print bags fit all of the lunches and boxes easily.

Details must include:

Child's name, Child's Year and Class and order.

Please try to include the correct money where possible.

If you have multiple children ordering feel free to include the total amount of money into one bag. Just make sure you note down each child's name and class on separate bags.

Example order form.

| | |
|-------------------------|-----------------|
| Childs name | Yr 3 Bue |
| Spaghetti Jaffle | \$1.50 |
| Sushi Chicken | \$3.50 |
| Nudie (apple) | \$2.00 |
| Total included | \$7.00 |
| (change required) | \$ |

Please discuss with your children what they are ordering to avoid disappointment and confusion.

The Canteen follows the Healthy Food and Drink Policy – Traffic Light System. All foods sold are approved by the WA school Canteen Association. All foods are rated green and amber.

All hot meals are made from scratch using fresh, high-quality ingredients.

I would love to have your help in the Canteen. It is parent volunteers that are crucial to the success of the Canteen. You are our most precious resource and are essential for the smooth operation of the Canteen.

There are many benefits to volunteering! You will make new friends, improve or learn new skills, have a few laughs with a great bunch of people, and most important of all, you will be doing something very worthwhile for your school community.

Your children will love seeing you “working” in the Canteen. As a Canteen volunteer you will be provided with bottomless cuppas, an “A la Carte” lunch from the menu and your child will also receive a \$5 voucher to spend at the Canteen at any time (on lunch orders only)

Volunteers are required from school drop off to 1.30pm. I promise to make you feel very welcome. Any amount of time that you can help will be appreciated. A Canteen roster is on the Canteen window, please write your name and the time you are available or go to:

<http://signup.com/go/eGCGasD>

I look forward to meeting you.

Please contact Simone - 0438 325 979 or delite.bite@outlook.com