



# Parap Primary School

## Canteen Menu

### Term 4, 2023

#### Homemade

- \$6.00 Spaghetti Bolognese
- \$6.00 Vegetarian Curry
- \$4.50 Sushi— **Thursdays only**  
carrot & cucumber, tuna, teriyaki chicken
- \$5.00 Meat Lovers Pizza
- \$4.50 Hawaiian Pizza
- \$4.00 Margarita Pizza
- \$2.00 Cheesy Bread

#### Hot Food

- \$2.00 Chicken Nuggets (3)
- \$1.50 Party Pie
- \$2.00 Sweet Chilli Tenders (each)
- \$4.00 Sausage Roll
- \$5.00 Beef Pie
- \$5.00 Hot Dog — **Fridays only**

#### Extras

- \$0.50 Sauce Tomato/BBQ
- \$0.50 Cheese

#### Meal Deals

#### ALL \$7.00 each

1. Sandwich, fruit salad and juice or plain milk
2. Homemade meal and juice or plain milk
3. Sushi, fruit salad and juice or plain milk

#### Sandwiches (Wholemeal)

(Gluten Free bread on request—extra \$1.00)

- \$2.50 Vegemite
- \$3.00 Cheese
- \$4.00 Ham or Tuna
- \$4.50 Ham and Cheese
- \$5.00 Chicken strips, lettuce and mayo Wrap

#### Extras:

- \$0.50 Toasted
- \$0.50 Lettuce

#### Snacks

- \$0.50 Popcorn
- \$2.00 Cheese and crackers
- \$1.00 Hashbrown
- \$1.00 Fruit Salad

#### Drinks

- \$2.50 Milo Cups 285 ml
- \$2.00 Water 600 ml
- \$2.00 100% Juice Popper Apple/Orange/Blackcurrent
- \$2.00 Plain Milk 150 ml
- \$3.00 Nippy's Flavoured Milk - choc or strawberry
- \$4.50 Smoothie Berries/Mango

#### From the Freezer

- \$2.00 Paddle Pop - Rainbow or Chocolate
- \$3.00 Bulla Frozen Yoghurt Tub
- \$1.00 Berri Quelch 99% Fruit Juice Icy Pole
- \$3.00 Nippy's Flavoured Milk - choc or strawberry

● = Healthy Choice      ● = Select in Moderation

Please write your child's name, class, order and cost on brown paper bag with correct money inside.

Children place brown paper bag into class lunch tub.

Preferred option: QuickCliq online ordering — [www.quickcliq.com.au](http://www.quickcliq.com.au)