



OPEN MONDAY – FRIDAY

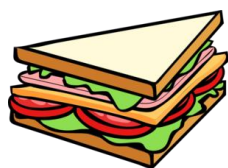
8.30am – 1.45pm



Canteen Supervisor: Orlagh Byrne

LUNCHES – AVAILABLE DAILY

SANDWICHES & WRAPS (Wholemeal bread)



	Sandwiches	Wraps
Vegemite	\$ 2.00	\$ 2.20
Cheese & Salad	\$ 4.00	\$ 4.30
Egg & Salad	\$ 4.00	\$ 4.30
Ham & Salad	\$ 4.00	\$ 4.30
Tuna & Salad	\$ 4.00	\$ 4.30
Chicken & Salad	\$ 4.00	\$ 4.30
Just Salad	\$ 4.00	\$ 3.50
Single filling	\$ 3.00	\$ 3.50



☺ Add 20¢ for beetroot ☺ Add 30¢ for cheese

TOASTED SANDWICH Choose Your Fillings - \$4.00

Fillings: cheese baked beans spaghetti chicken/mayo ham tomato pineapple

SALAD PACK ☺ All packs include lettuce, tomatoes, carrot sticks, corn, cucumber sticks, small dip

Egg	\$ 4.00	Cheese	\$ 4.00
Chicken	\$ 4.20	Just Salad	\$ 3.50
Ham	\$ 4.20	Sweet Chilli chicken tenders x 2	\$ 4.60
Tuna	\$ 4.20	(GF) Chicken tenders x 2	\$ 4.60



☺ Add Extra Filling 30¢ ☺ Add Cheese 30¢ ☺ Add Beetroot 20¢

JACKET POTATO Choose Your Fillings - \$4.20

Fillings: cheese baked beans chicken tuna corn ham

HOT FOOD

(V) Nasi Goreng (rice)	\$ 4.30
Hot Chicken Roll with Lite Mayo	\$ 4.20
Mild Curry Chicken and Rice	\$ 4.30
Honey Soy Chicken with Noodles	\$ 4.20
Meatball Sub with Napolitana Sauce – add cheese 0.30c	\$ 4.20
(VG) (GF) Spaghetti Bolognese	\$4.50
Hot Yumbo (hot ham & cheese sub)	\$4.20

MEAL DEALS

(GF) 4 nuggets, choice of 2 – corn cob, carrot sticks, cucumber sticks, apple slinky, orange smilies	\$ 4.30
(GF) 2 tenders, plus choice of 2 – corn cob, carrot sticks, cucumber sticks, apple slinky, orange smilies	\$ 4.30

ADDITIONAL EXTRAS

Corn	\$ 1.00
Sml Fresh Fruit Salad Tub	\$ 1.20
Cheese & Crackers	\$ 2.00
Yogurt Sippers	\$1.80

Mayo Portion	50¢
Tomato Sauce Portion	50¢
Carrot Sticks / Cucumber Sticks	\$ 1.00

DRINKS

Up & Go – Choc, Vanilla (No added sugar)	\$ 2.20
Water	\$ 2.00
Popper Juice – Orange, Apple, Apple/Blackcurrant, Tropical	\$ 1.50
Choc Chill, Berry Chill, Banana Chill, Neapolitan Chill	\$ 2.20
Glee – Grape, Razzbri, Tropical	\$ 2.20

MONDAY / THURSDAY LUNCH SPECIALS

Pasta – Napolitana (Homemade)	\$ 4.30
(GF) Lasagne	\$ 4.30
Macaroni Cheese (Homemade)	\$ 4.30
Sweet Chilli Chicken Wrap with lettuce/mayo	\$ 4.30
Chicken Tender Wrap with lettuce/mayo	\$ 4.30
Falafel wrap with lettuce, mayo	\$ 4.30
(GF) Vegetarian Lasagne	\$4.30

TUESDAY LUNCH SPECIALS

Chicken burger, Salad & Sauce	\$ 4.30
Hamburger, Salad & Sauce	\$ 4.30
Cheese burger	\$ 4.50
(V) Veggie Burger, Salad & Sauce	\$ 4.30
Hot Dog & Sauce	\$ 4.00



☺ Add 30¢ extra for cheese

☺ Sauces Tomato, BBQ, Mayo, American Mustard

WEDNESDAY / FRIDAY LUNCH SPECIALS

Lite 'N Up Meat Pie	\$ 4.00
(VG) Vegan Sausage Roll	\$ 4.00
Lite 'N Up Sausage Roll	\$ 3.80
Nachos with Salsa & Cheese	\$ 4.50
Wednesdays Only	

Pizza – Ham & Pineapple	\$ 3.30
Pizza – Cheese & Bacon	\$ 3.30

☺ Tomato sauce portions 50¢ each.

MORNING RECESS

Pikelet	20¢
Cheesie	\$ 1.00
Pizza	\$ 1.00
Fresh Fruit	\$ 1.00
Apple Slinky	\$ 1.00
Baked Bean Pizza Sub	\$ 1.20
½ Pizza Sub	50¢
½ Cheesie Sub	50¢

Mini Muffin	20¢
Noodles	\$ 1.00
Hash Brown	50¢
Cheesie Dog	\$ 1.20
Vegie Chips	\$ 1.20
Cheese & Crackers	\$ 2.00
Snack Pie	\$ 1.00
Yoghurt Sippers	\$ 1.80

AFTER LUNCH

Quelch Fruit Stick	50¢
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Ice Creams	From \$ 1.20 to \$ 2.00
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HARMONY CAFÉ

How To Order

- Orders should be written on a paper bag with correct money inside wrapped in a clean tissue.
- Lunch bags are available for purchase from Harmony Café for 10¢ each or as a bundle of 10 for 50¢.
- Envelopes are accepted with the order, but must include child's name, room number, enclosed amount and order written clearly on the envelope with money placed inside and the envelope sealed. Please include extra 10¢ for the cost of the lunch bag to be stapled to the envelope.
- Please endeavour to send along the correct money. However, if change is required, this will be sticky taped to the front of the lunch order bag.
- Students are to ensure that lunch orders are placed in the classroom crate before the start of the school day.
- Orders can also be placed online at: www.quickcliq.com.au

Over The Counter Sales

- Recess – See menu for food available for purchase. We will also have daily specials ranging from 20¢.
- Lunchtime – Icy poles and snacks will be available.

Special Situations

- Any student that has forgotten to order lunch will be offered a limited menu choice and an account will be issued to parents if the student is unable to cover the cost. Accounts are payable the next school day.

Canteen Volunteers

- The canteen could not operate without the assistance and support of our wonderful volunteer parents. Volunteers are always needed. Please phone or come in and see us to book a day. We would love to see you.

The Harmony Café follows the Department of Education's Healthy Food and Drink Policy and uses Star Choice™ products where possible.

THANK YOU SO MUCH FOR YOUR SUPPORT

Orlagh Byrne, Canteen Supervisor

**** WARNING – Food may contain traces of love ****

GF	Gluten Free
V	Vegetarian
VG	Vegan