REFRESHMENTS
Quenching your thirst

Bottled Water (600ml) ● $1.50
Fruit Juice (250ml) ● $1.50
Available in 100% Paradise Punch or Apple
Fresh Milk (200ml) ● $1.50
Milo Served either warm or cold $1.50
Flavoured Milk (250ml) $2.00
Available in Chocolate, Strawberry or Banana
Up and Go (250ml) $2.00
Available in Chocolate, Strawberry, Vanilla or Banana

ICE AGE
Homestyle Fruit Jelly Cup ● $0.60
Smooze Fruit Ice ● $1.20
Frozen Yoghurt Cup ● $2.20
Lemonade Icy Pole ● $1.50
Rainbow Paddle Pop ● $1.80
Bulla Lite Vanilla Icecream Cup ● $1.80
Island Way Sorbet ● $2.80
Available in Pomegranate, Orange/Mango, Lemon or Red Apple
Frozen Fruit Kebab ● $0.60
Quelch 99% Juice Stick ● $0.60

HOW TO ORDER AT THE CAFETERIA
• Brown paper bags are available at the Cafeteria. Orders are NOT to be written on envelopes or pieces of paper.
• Use a separate bag for Break 1 and/or Break 2.
• Clearly print your Name, Class, Break 1 or Break 2, and menu item/s on the front of the brown paper bag.
• Place orders at the Cafeteria on arrival at school from 8.30am. Orders MUST be placed before 9.00am.
• Prep students have their lunch and frozen refreshments delivered to their eating area. Year 1 students have their lunch delivered to their eating area but must present their order bag with the red star for any frozen refreshments following the play bell. Students in Years 2 – 6 are to collect their orders from the Cafeteria.
• Substitutes will be made if incorrect money or currency is given or the item ordered is unavailable.

KEEP OUR CAFETERIA GREEN
In keeping with the P&C Association’s desire to offer a variety of nutritious food, our homestyle menu is cooked on site in the Cafeteria by our Convenors/Volunteers.
We rely upon the support of volunteers to continue and/or expand upon the current offering and to maintain reasonable prices.
There are many tasks in the Cafeteria and any amount of time parents / carers may volunteer is appreciated not only by our Convenors and the P&C Association, but also by our students and staff at Wynnum State School.
Please see our Convenors, Julie or Sharlene, in the Cafeteria if you can help.

MEGA-BITE
Cafeteria Menu

Smart Choices in the WSS Cafeteria from Term 2 - 2017
Our Cafeteria is a service offered by the P&C Association which aims to provide:
• a variety of nutritious food at reasonable prices
• healthy choices at school and
• an opportunity for parents / carers to be involved at their child’s school.

Profits made in our cafeteria are reinvested at the school.

Orders can by placed through www.flexischools.com.au or in person at the Cafeteria
Open Mondays Thursdays and Fridays between 8.30am-2.00pm
Telephone : 3893 5111
**MARKET FRESH**

Sandwiches, Rolls and Wraps on wholemeal filled with taste

Wholemeal bread is used unless specified.

**SANDWICHES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite or Jam</td>
<td>$1.50</td>
</tr>
<tr>
<td>Egg or Cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Ham, Chicken, Tuna or Salad</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

**ROLL/WRAP**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg or Cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham, Chicken, Tuna or Salad</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

Add 50c for each of the following – Lettuce, Tomato, Carrot, Cucumber, Beetroot, Cheese

**COMBO**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat and Salad Sandwich</td>
<td>$4.50</td>
</tr>
<tr>
<td>Meat and Salad Roll/Wrap</td>
<td>$5.50</td>
</tr>
<tr>
<td>Egg, Ham, Chicken or Tuna</td>
<td></td>
</tr>
</tbody>
</table>
| served with Lettuce, Tomato, Carrot, Cucumber, Beetroot, Cheese on your choice of sandwich, roll or wrap

**SALAD BOX**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$4.00 small</td>
<td></td>
</tr>
<tr>
<td>$5.00 large</td>
<td></td>
</tr>
<tr>
<td>Lettuce, Tomato, Carrot, Cucumber, Pineapple, Beetroot Cheese and Boiled Egg</td>
<td></td>
</tr>
<tr>
<td>+ Ham, Chicken or Tuna</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**HOMESTYLE**

All the comfort of home at school

**Sushi Roll (GF)** $3.00

Available in Teriyaki Chicken or Tuna Mayo or Avocado

SUSHI ONLY AVAILABLE THURSDAY & FRIDAY

**Pasta Bolognaise** $3.80

Pasta served with Lean Mince, Crushed Tomatoes, Chopped & Grated Vegetables and Mixed Herbs

**Homemade Meatballs** $3.80

Served with a choice of gravy or sauce

**Fried Rice** $3.80

Rice served with Diced Ham, Onion, Corn, Peas, Egg and oriental sauces

**Hawaiian Pizza** $3.80

Ham, Crushed Pineapple and Grated Cheese served on a crushed tomato base

**BBQ Chicken Pizza** $3.80

Chicken, Diced Tomato, Grated Cheese served on a BBQ sauce base

**Chicken Burger** $4.00

Grilled Chicken Breast served with Lettuce, Tomato and Mayonnaise

**Cheeseburger** $3.80

Lean Mince Patty served with Cheese Tomato or BBQ Sauce

**Beaut Burger** $5.50

Lean Mince Patty served with Lettuce, Tomato, Carrot, Cucumber, Beetroot, Pineapple and Cheese and your choice of Tomato or BBQ Sauce

+ Egg $0.50

**Taco Cup** $2.80

Mexican beef mince, mild chilli flavoured with vegies and kidney beans, served in a baked tortilla cup and topped with melted cheese.

**Apple Crumble** $2.00

Baked apple pieces topped with crumbly oats and served with low fat custard.

**SNACK ATTACK**

When you only feel like a little munch

**Boiled Egg** $0.50

**Popcorn** $0.50

**Piece of Fruit** $1.50

**Apple or Strawberry Snaps** $0.50

Pack of 3 small oven baked biscuits filled with a thin layer of apple or strawberry

**Banana Bread** $1.50

**Choc Coconut Brownie** $1.50

**Muffins** $1.50

ABC (Apple, Banana & Carrot) or Choc

**Survival Pack** $1.50

Sultanas, Dried Apricots, Dried Apples & Popcorn

**Fruit Salad in Natural Juice** $1.50

**Fresh Fruit Salad** $2.00

Fresh diced seasonal fruits + YOGHURT ADD 50c

**Cheese & Rice Crackers** $1.50

**SERVED WARM**

**Corn on the Cob** $1.50

**Garlic Bread** $1.50

Small Baguette spread with Garlic Butter

**Sea Dog** $2.20

Small wholemeal roll with a fish finger, Lettuce, Tomato and tartare or tomato sauce

**Sweet Chilli Chicken Wrap** $2.80

Sweet chilli chicken tender in a wrap with Lettuce, Tomato, mayo or tomato sauce

**Sausage Roll** $3.00

SAUCE ADD 10c

**Mini Meat Pie** $1.50 ea

Tomato or BBQ sauce (limit 2 per serve)

Orders MUST be placed at the Cafeteria before 9.00am