Refreshments

- Bottled Water (600ml) $1.50
- Fruit Juice (200ml) $2
- Fresh Milk (200ml) $2
- Milo Warm/cold $2
- Flavoured Milk (250ml) Chocolate/Strawberry $2.50
- Slush Puppe $2.50

Ice Age

- Bulla Frozen Yoghurt Cup Mango/Strawberry $3
- Calipo $1.50
- Lemonade Icy-pole $2
- Paddle Pop Rainbow/Chocolate $2.50
- Bulla Lite Vanilla Ice-cream Cup $2.50
- Quelch 99% Juice Stick 70c
- Seasonal Frozen Fruits & Juice Cubes 50c

HOW TO ORDER AT THE CAFE

- Brown paper bags are available at the Cafe. 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 1/2 and MENU items on front of the brown paper bag.
- Place orders at the cafe on arrival at school before 8.30am. Orders MUST be placed before 9am.
- Prep & Years 1 students have their lunch and frozen refreshments delivered to their eating area. Students years 2-6 are to collect their orders from the Cafe.
- Substitutes will be made if incorrect money or currency is given or the item ordered is unavailable.

KEEP OUR CAFE GREEN

In keeping with the P&C Association’s desire to offer a variety of nutritious food, our Homestead menu is cooked on site in the cafe by the Conveners and Volunteers. We rely upon the support of volunteers to continue and/or expand upon the current offering and maintain reasonable prices. There are many tasks in the Cafe and 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.

Online sign up
https://signup.com/go/OtwEzch
or
Please send the canteen staff a message
on 0449 804 427

Smart choices
Healthy eating and regular physical activity are essential to promoting and maintaining good health.
The smart choices - Healthy Food & Drink Supply Strategy for Queensland Schools is all about offering healthy food & drink choices to students. The strategy has been mandatory in state schools since 2007.
Information can be found at http://education.qld.gov.au/schools/healthy/food-drink-strategy.html

*GF* - Gluten Free
*V* - Vegetarian
*VG* - Vegan
- Eat Plenty
- Select carefully
- Occasionally

Open
Monday, Thursday & Friday
8.15am-2pm
Tuesdays 8.15am-11.30am
Wednesday snack packs only
8.15am - 9am

Any LATE (after 9.30am) phone or over counter orders will receive a “Late Pack”
Please ensure you order on time to avoid disappointment.

Online orders placed through
www.munchmonitor.com
School ID: wynnumss
Password: munch4178
by 8.30am or come in to the cafe for counter service before 9am
Salads & Fruit

The Gibbs Salad
Your choice of salad: lettuce, tomato, cucumber, carrot, beetroot.
Add ons
Chicken $1
Tuna $1
Avocado 50c
Egg 50c
Grated Cheese 30c
Mayo 30c

Fruit Bowl
Seasonal fruit cut up approx 300gm
Add vanilla lite yogurt 50c

Sandwiches

Plain or toasted
White/wholemeal Bread

Vegemite, Jam, Honey or Cheese $3
Egg $4

Plain Ham, Chicken, Tuna, Avo or Salad $4.50

The Ironn Sandwich
Choice of meat / Avo with Lettuce tomato, carrot, cucumber, beetroot
Add cheese 50c

Sweet Chilli Chicken Wrap $4
Sweet chilli chicken tender in a 1/2 wrap with lettuce, tomato, mayo or tomato sweet chilli sauce

Winter Warmers

Spaghetti Bolognaise $5
MEAT FREE
Pasta served with homemade pasta sauce, Passetta, grated carrots, zucchini and mixed herbs.
Add Cheese 30c

Homemade Lasagne $5.50
Lean beef mince, lentils, grated carrots, eggplant, zucchini with lasagne sheets, bechamel sauce topped with grated cheese

Chicken Parmy Sub $5.50
Chicken schnitzel in a long roll topped with chunky tomato sauce and cheese

The Connel Bake $5.50
Chicken pasta bake, passatata, corn, peas pasta & cheese

Homemade Meatballs $5.50
Optional with tomato sauce or plain

Japanese Chicken Curry (Katsu) $5.50
Chicken in katsu curry sauce with potato & carrots served on rice.

Pizza

All pizza come with homemade tomato base topped with grated cheese

Hawaiian (Ham & Pineapple) $4.50
Margarita (Cheese) $3.50
Ham & Cheese $4.50
BBQ chicken - BBQ sauce base $4

Burgers

Cheese Burger $5.50
Lean mince patty with cheese
Optional tomato or BBQ sauce

The Smith Burger $6
Lean mince patty with lettuce, tomato, and cheese
Optional tomato/BBQ sauce

Chicken Schnitzel Burger $5.50
Chicken Schnitzel with lettuce, tomato & mayo
Add Cheese 50c

Munchies

Boiled Egg GF $1.50
Warm Corn Cob GF/V/VG $1.50
Popcorn GF $2

Gingerbread Man GF $2
Anzac Biscuit $2

Banana Bread GF/V/VG $2
Chocolate Brownie V $2
Muffin GF/V/VG $2

Homemade Milo Swirl/Blueberry & Banana $2

Vanilla Yogurt Cup/Custard Cup $2
Cheese & Crackers $2

Dip Box $4.50
Crackers, cucumber, carrot sticks, cheese & dip
Ask for no cheese to make this Vegan Friendly

Yogurt Cup & Berries $2
Low fat Vanilla yogurt layered with mixed berries

Warm Treats

Meat Free Sausage Roll (full size) GF/V/VG $3.50
Herb & Sons plant based Sausage rolled in puff pastry

Mini Sausage Roll $2
Low fat
Limit 2 per serve

Mini Meat Pie $2
Low fat
Limit 2 per serve
Add Tomato or BBQ sauce 30c

Garlic bread GF/V/VG $2
Small Roll spread with garlic & herb butter

Sushi

The Blair bowl GF $5.50
Made in house - Sushi rice with shredded carrots, cucumber, avocado and nori
Options crumbed chicken, tuna or Avocado

Soy Sauce 30c
Kewpie Mayo 30c

Sushi Roll GF/V/VG $4.20
Avocado/Chicken/ Tuna/Tuna Avo/Chicken Avo
Extras Mayo 30c
*Thursdays & Fridays only