

## REFRESHMENTS

*Quenching your thirst*

**Bottled Water (600ml) \*** **\$1.50**

**Fruit Juice (200ml) \*** **\$2.00**

*Available in 100% Paradise Punch or Apple*

**Fresh Milk (200ml) \*** **\$1.50**

**Milo Served either warm or cold** **\$2.00**

**Flavoured Milk (250ml)** **\$2.60**

*Available in Chocolate or Strawberry*

**Up and Go (250ml)** **\$2.50**

*Available in Chocolate, Strawberry, Vanilla or Caramel*

## ICE AGE

**Smooze Coconut Fruit Ice \*** **\$1.50**

**Twisted Frozen Yoghurt Cup \*** **\$3.00**

**Bulla Frozen Yoghurt** **\$3.00**

**Lemonade Icy Pole \*** **\$2.00**

**Rainbow or Choc Paddle Pop \*** **\$2.50**

**Bulla Lite Vanilla Icecream Cup\*** **\$2.50**

**Callipo\*** **\$1.50**

**Quelch 99% Juice Stick \*** **\$0.70**

**99% Juice Slush Puppy \*** **\$2.50**

### SMART CHOICES

Healthy eating and regular physical activity are essential to promoting and maintaining good health. The *Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools* is all about offering healthy food and 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>.

## 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 & Year 1 students have their lunch and frozen refreshments delivered to their eating area. Year 2-6 students collect their lunches from the Cafeteria.
- Substitutes will be made if incorrect money or currency is given or the item ordered is unavailable.
- Prices are subject to change and credit is NOT available.

## KEEP OUR CAFETERIA GREEN

In keeping with the P&C Association's desire to offer a variety of nutritious food, our homestyled 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 in the Cafeteria if you can help.



## MEGA-BITE

# Cafeteria Menu

Smart Choices in the WSS Cafeteria from Term 1 - 2022

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
- 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 be placed through [www.flexischools.com.au](http://www.flexischools.com.au) by 8.00am or in person at the Cafeteria

**Open Mondays Thursdays and Fridays between 8:30am-2:00pm**  
**Open Tuesday & Wednesday for snack packs 8:30am-9:15am**

## MARKET FRESH

Sandwiches, Rolls and Wraps on wholemeal filled with taste

We use Wholemeal bread unless specified



### SANDWICHES – Plain or Toasted

**Vegemite or Jam \$2.50**

**Egg or Cheese \$3.00**

**Ham, Chicken, Tuna or Salad \$4.00**

Add Mayo 30cents extra

### Roll or Wrap – ADD 50c

### COMBO

**Meat and Salad Sandwich \$5.00**

**Meat and Salad Roll/Wrap \$5.50**

**ADD Cheese 50 cents extra**

Egg or Ham or Chicken or Tuna served with Lettuce, Tomato, Carrot, Cucumber, Beetroot, You can on choose sandwich, roll or wrap

**DIP BOX \$4.50**

Crackers, Cucumber, Carrot sticks and cheese served with dip.

**SALAD BOX \$5.00**

Your choice of salad including Lettuce, Tomato, Cucumber, Carrot, Beetroot plus half an egg. **Term 1 & 4 ONLY**

\* = **Gluten Free**

## HOMESTYLE

All the comfort of home at school

**Vegetarian Bolognese \$4.50**

Pasta served with a hearty sauce of Crushed Tomatoes, Grated Vegetables and Mixed Herb Sauce

**Homemade Meatballs \$5.00**

Served with a tomato sauce or gravy

**Meatball Sub Gravy optional \$5.50**

**BEEF NACHO'S \$5.00**

Mild Mexican beef mince, with vegies & kidney beans upon corn chips and melted cheese

Add gaucamole or Salsa for 50cents extra

### PIZZA Available Monday Only

**Hawaiian Pizza \$4.50**

Pizza base topped with Ham, Pineapple pieces and Grated Cheese served on a crushed tomato base

**BBQ Chicken Pizza \$4.50**

Pizza base topped with Chicken, Diced Tomato, Grated Cheese and BBQ sauce served on crushed tomato base

**Cheese Pizza \$3.50**

Pizza base topped with grated cheese on a crushed tomato base

**Burger \$5.00**

Choice of a Beef or Chicken Lean Mince Patty served Choose Tomato or BBQ Sauce or Mayonnaise

**Beef Nacho's \$5.00**

Mild Mexican beef mince, with vegies & kidney beans, upon Corn chips and Melted cheese.

**Apple Crumble \$2.50**

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

## SNACK ATTACK

When you only feel like a little munch

**Boiled Egg \* \$1.00**

**Popcorn \* \$0.50**

**Piece of Fruit \* \$1.50**

**Banana Bread \$1.60**

**Choc Coconut Brownie \* \$1.50**

**Muffins \$1.50**

Fruit or Milo swirl

**Survival Pack \* \$2.00**

Sultanas, Dried Apricots, Dried Apples & Popcorn

**Fruit Salad in Natural Juice \* \$1.50**

**Frozen Pineapple**

**Rings\* or Frozen Banana**

**in yoghurt\* (Seasonal) \$0.50**

**Cheese & Rice Crackers \* \$1.50**

**Gingerbread Man Homemade \$0.60**

### SERVED WARM

**Corn on the Cob \* \$1.00**

**Garlic Bread \$2.00**

Small Baguette spread with Garlic Butter

**Sweet Chilli Chicken Wrap \$3.50**

Sweet chilli chicken tender in a wrap with Your choice of sweet chilli or mayo

**Add Cheese or Tomato 50cent extra**

**Mini Sausage Roll (limit 2 per serve) \$1.60**

**Mini Meat Pie (limit 2 per serve) \$1.60**

TOMATO or BBQ SAUCE ADD 30c



**MUST be placed at the Cafeteria before 9.00am**