

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 Puppie	\$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



GF- Gluten Free
V- Vegetarian
VG- Vegan

● Eat Plenty
● Select carefully
● Occasionally

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



Mega Bite CAFE Menu

Smart choices

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

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>



Salads & Fruit

The Gibbs Salad ● GF/V/VG \$4.50

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 ● GF/V/VG \$4

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 \$5.50

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



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

Extras

Soy Sauce 30c

Kewpie Mayo 30c

Sushi Roll GF/V/VG \$4.20

*Thursdays & Fridays only

Avocado/Chicken/ Tuna/Tuna Avo/Chicken Avo

Extras Mayo 30c

Winter Warmers

Spaghetti Bolognese ● V/VG \$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, passatta, 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

BBQ chicken - BBQ sauce base \$4.50

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/V 50c

Piece of Fruit GF/V/VG \$1.50

Gingerbread Man GF 50c

Anzac Biscuit 50c

Banana Bread GF/V/VG \$2

Chocolate Brownie V \$2

Muffin GF/V/VG \$2
Homemade Milo Swirl/Blueberry & Banana

Vanilla Yogurt Cup/Custard Cup \$2

Cheese & Rice Crackers \$2

Dip Box GF \$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) ● 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 ● V/VG \$2

Small Roll spread with garlic & herb butter