

Westbourne Park Primary School

FRESH BITES CAFE



MENU - TERM 3



Open for Recess & Lunch

TUESDAY - FRIDAY

No lunch orders on MONDAY

(Over the counter snacks available Monday lunchtime)

All lunches by order only

(See back page for online ordering info)

Lunch order bags available at the canteen
or in classroom lunch boxes.



Fresh Bites Café—Westbourne Park Primary School (2017)

Canteen Manager—Sally Stefanopoulos

Email: wpps.canteen286@schools.sa.edu.au

SALLY'S HOMEMADE DAILY LUNCH SPECIALS

TUESDAY (only)

Burger

(Small - \$5.00 & Large - \$6.00)

Chicken or Beef Burger with Tomato,
Lettuce and Cheese

Optional Extras (no extra charge):

Sauce, Mayo, Beetroot , Dill Pickle

WEDNESDAY (only)

Wok Box

(Small - \$4.50 & Large - \$5.50)

Option 1: Stir Fry Noodles with Chicken

Option 2: Vegetable Fried Rice (GF)(V)

THURSDAY (only)

Curry

(Small - \$4.50 & Large - \$5.50)

Option 1: Butter Chicken & Rice (GF)

Option 2: Vegetable Curry & Rice (GF)(V)

FRIDAY (only)

Pasta

(Small - \$4.50 & Large - \$5.50)

Option 1: Penne Bolognaise (GF available)

Option 2: Mac & Cheese (V)

DRINKS

Spring Water	\$1.20
Fruit Juice	\$1.80
(Apple, Orange or Apple Blackcurrant)	
Glee Sparkling Fruit Juice	\$2.30
Chocolate Milk	\$2.50
Strawberry Milk	\$2.50
Hot Chocolate	\$2.00
Slushy (over the counter only) . . .	\$2.00
Tea/Coffee (Adults Only)	\$2.00

ICEBLOCKS

Iceblocks available over the counter only:

1/2 Berri Fruit Quelch	\$0.30c
Full Berri Fruit Quelch	\$0.60c
Sunburst:	\$1.00
(Apple, Orange or Apple Blackcurrant)	
Mony: Strawberry OR Chocolate	\$0.80c

SNACKS

Snacks are available for purchase over the counter at Recess and Lunchtime:

Fresh Seasonal Fruit (GF)	\$1.00
Apple Slinky (GF)	\$1.20
BYO Apple - Apple Slinky	\$0.20c
Homemade Biscuits	\$1.20
Fruitwise Fruit Strap (GF).	\$1.50
Fruit Nuggets (GF).	\$0.50c
Popcorn (GF)	\$1.00
Grainwaves (GF)	\$1.00
Mamee Noodles (Chicken or BBQ) . .	\$1.00

ADDITIONAL RECESS OPTIONS

Please check the Blackboard
for Daily Specials

SANDWICHES & WRAPS

Fillings - please choose from:

Beetroot	Ham
Carrot	Lettuce
Cheese	Mayo
Chicken	Tomato
Cucumber	Tuna
Egg	Vegemite

Sandwich fillings - set price per filling/s:

1 filling	\$3.00
2 fillings	\$3.50
3 fillings	\$4.00
4 fillings	\$4.50
5+ fillings	\$5.00

Sandwiches can be toasted (extra) \$0.50c

All Wraps (4+ fillings) \$5.50

FOCACCIAS

Toasted and filled with any of the following three fillings:

Ham, Cheese & tomato \$6.00

Chicken \$6.00

(Chicken, tomato, basil & cheese)

Vegetarian (V) \$6.00

(Roast capsicum, onion, tomato & cheese)



(GF) Gluten Free

HOT FOODS

BAKED POTATO

Choice of three fillings:

Option 1: Baked Bean & Cheese \$5.00

Option 2: Bolognaise \$5.00

Option 3: Ham & Cheese \$5.00

SOUP - Pumpkin \$3.00

PIES - Meat \$4.20

PASTIES - Meat OR Vegetarian (V) \$4.20

SAUSAGE ROLL \$2.70

Sauce (extra) \$0.20c

NACHOS

Corn chips, Salsa & Cheese (GF) \$4.00

HOT DOG

Hot Dog with:

Tomato/BBQ/Mustard \$4.00

Cheese \$4.50

PIZZA

Option 1: Vegetarian (V) \$3.00

Option 2: Ham & Pineapple \$3.00



SALAD PACKS

Salad Pack containing:

STANDARD - Lettuce, Tomato, Cucumber, Carrot & Beetroot (V)(GF) \$5.00

SMALL - Lettuce, Carrot & Cucumber (V)(GF). \$3.50

Extras: Chicken, Ham, Tuna, Egg,

Grated Cheese \$1.00 each

(V) Vegetarian

ACKNOWLEDGMENT



Westbourne Park Primary School acknowledges the important role that nutritious food plays in the growth and development of our children. We are therefore committed at Fresh Bites Café to offering a healthy and interesting menu that follows the DECD Right Bite Food and Drink Spectrum Guidelines.

For more information on the guidelines please refer to www.decd.sa.gov.au

ONLINE ORDERING

Qkr! by Mastercard

Lunch orders can be placed online using Qkr! The App offers a fast and convenient method for placing your lunch orders.
Orders must be placed **no later than 8:45am** on the day required or can be ordered in advance.

For more information about how to use Qkr!, please visit the Canteen or School Office.



VOLUNTEERING AT OUR CANTEEN

Help is always needed and appreciated.

Volunteers will help to ensure the success of the canteen into the future. Children love to see their Mum/Dad/Grandparent in the canteen and it is a great way to meet others at the school. If you are able to spare some time, please call in and see Sally in the canteen or contact her via email: wpps.canteen286@schools.sa.edu.au or via office 8271 7430 .

Sally looks forward to welcoming you to the canteen.

We acknowledge and thank our existing volunteers. Their ongoing support is invaluable.

Westbourne Park Primary School
Fresh Bites Café - Term 3 Menu 2017