

Westbourne Park Primary School

FRESH BITES CAFE



SUMMER MENU

TERM 4 2017



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

Mobile: 0422 865 664

SANDWICHES/ROLLS/WRAPS

Fillings - please choose from:

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

Sandwich / Roll

1 filling	\$3.00 / \$3.50
2 fillings	\$3.50 / \$4.00
3 fillings	\$4.00 / \$4.50
4 fillings	\$4.50 / \$5.00
5+ fillings	\$5.00/ \$5.50
Toasting extra	\$0.50c

All Wraps (4+ fillings) \$5.50

TOASTED FOCACCIAS

HAM, CHEESE & TOMATO \$6.00

CHICKEN \$6.00
(Chicken, Tomato, Basil & Cheese)

VEGETARIAN (V) \$6.00
(Roast Capsicum, Onion, Tomato & Cheese)

HAMBURGERS

BEEF, CHICKEN OR VEGGIE (V) \$6.00

(Tomato, Lettuce and Cheese)

Optional extras (no additional charge):

Beetroot, Dill Pickle, Tomato Sauce or Mayo)

CHEESE BURGER (Beef). \$5.00
(Cheese and Tomato Sauce)



(GF) Gluten Free

SALAD PACKS

GREEK SALAD - (V) (GF)

(small—\$4.00 & large—\$5.00)

FRUIT SALAD - (V) (GF)

(small—\$4.00 & large \$5.00)

SALAD PACK - (V) (GF)

(small - \$4.00 & large - \$5.00)

Lettuce, Tomato, Cucumber,
Carrot & Beetroot (dressing optional)

Extras: Ham, Tuna, Egg, Cheese or

Chicken \$1.00 each

FRESH BITES SNACK BOX. (V) (GF) . . \$5.00

Cheese, Carrot & Cucumber Sticks, Fruit

Pieces, Cherry Tomatoes, Crackers & Bliss Ball



HOT FOODS

NACHOS

Corn Chips, Salsa & Cheese (GF) (V) . . . \$4.00

PIZZA

Option 1: Vegetarian (V) \$3.00

Option 2: Ham & Pineapple \$3.00

PIES - Meat \$4.20

PASTIES - Meat OR Vegetarian (V) \$4.20

SAUSAGE ROLL \$2.70

Sauce (extra) \$0.20

HOT DOG

Tomato/BBQ/Mustard \$4.00

Cheese \$4.50

(V) Vegetarian

SALLY'S FRESHLY MADE DAILY LUNCH SPECIALS

TUESDAY (only)

Cold Rolls or Vietnamese Noodle Salad

(\$3 per roll, salad tub \$5.50)

Option 1: Cold Roll Vegetarian (V) (GF)

Option 2: Cold Roll Chicken (GF)

Option 3: Noodle Salad Chicken (GF)

WEDNESDAY (only)

Sushi

(\$3.00 per roll)

Option 1: Chicken Teriyaki (GF)

Option 2: Avocado & Cucumber (V) (GF)

Option 3: Tuna & Lettuce (GF)

THURSDAY (only)

Freshly made Chicken Nuggets

(Small—\$4.50 & Large—\$5.50)

Served on a salad of lettuce, cucumber, carrot

Option 1: Small 3 Nuggets

Option 2: Large 5 Nuggets

FRIDAY (only)

Mexican

(Small—\$4.50, Large or Potato \$5.50)

*Mexican mince served with fresh salsa salad,
grated cheese & yoghurt*

Option 1: Served with Corn Chips (GF)

Option 2: Served on a Potato (GF)

DRINKS

Spring Water \$1.20

Freshly made Fruit Smoothie \$2.50

Cup of Cold Milk \$1.00

Cup of Cold Milo \$1.50

Flavoured Milk (Choc or Strawb). . . \$2.50

Fruit Juice \$2.00

(Apple, Orange or Apple Blackcurrent)

SNACKS

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

Fresh Seasonal Fruit (GF) .. from. \$1.00

Apple Slinky (GF) \$1.20

BYO Apple - Apple Slinky \$0.20c

Homemade Biscuit or Muffin. \$1.20

(baked product will vary weekly)

Fruitwise Fruit Strap (GF). \$1.50

Popcorn (GF) \$1.00

Grainwaves \$1.00

Mamee Noodles (Chicken or BBQ) . . \$1.00

FROM THE FREEZER

Available over the counter only:

Frozen Seasonal Fruit (GF) . . from \$0.20c

Quelch (half) \$0.30c

Quelch (full). \$0.60c

Sunburst (GF). \$1.00

Mony: Strawberry OR Chocolate . . . \$0.80c

**ADDITIONAL FRESH RECESS
SPECIALS AVAILABLE DAILY**

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 mobile: 0422 865 664.
Sally looks forward to welcoming you to the canteen.

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