

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.

Westbourne Park Primary School

Fresh Bites Café - Terms 2 & 3 Menu 2018

Westbourne Park Primary School

FRESH BITES CAFE



WINTER MENU TERMS 2 & 3



Open for Recess & Lunch

TUESDAY - FRIDAY

All lunches by order only
(See back page for online ordering info)

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

BioPak
It doesn't cost the earth

We use eco-friendly packaging in the canteen and are committed to reducing the amount of non-biodegradable waste produced.

Fresh Bites Café—Westbourne Park Primary School (2018)

Canteen Manager—Sally Stefanopoulos

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

Mobile: 0422 865 664

BAKED POTATOES

\$5.50

- Baked Beans & Cheese (GF) (V)
- Bolognaise & Cheese (GF)
- Ham, Cheese & Pineapple (GF)

SANDWICHES/ROLLS/WRAPS

HOT ROLLS

- Pulled Pork with Coleslaw \$5.50
- Cheesy Spinach \$5.50

TOASTED JAFFLES

- Baked Beans and Cheese \$4.00
- Chicken, Cheese and Pineapple \$4.50
- Ham, Cheese and Tomato \$4.50

SANDWICH FILLING OPITONS

1 Filling \$3.00 + \$0.50c per extra filling

5+ Fillings \$5.00

Toasting - add \$0.50c

Please choose from:

- Cheese, Chicken, Egg, Ham, Tuna, Vegemite
- Salad:- Beetroot, Roasted Capsicum, Carrot, Cucumber, Lettuce, Red Onion, Tomato
- Mayo, Mustard

WRAPS (4+ fillings) \$5.50

PIZZA

New yummy bases from Masters of Bread:

- Cheese (V) \$3.00
- Ham & Pineapple \$3.50
- Vegetarian (V) \$4.00
- Capsicum, Mushroom, Onion, Olive, Pineapple, Cheese
- The Lot \$4.50
- Ham, Capsicum, Mushroom, Onion, Olive, Pineapple, Cheese

(GF) Gluten Free



SNACK BOXES

\$5.50

OPTION 1: (V) (GF) Cheese, Crackers, Carrot, Cucumber, Cherry Tomatoes, Fruit, & Bliss Ball

OPTION 2: Meatballs (3) , Carrot, Lettuce, Cucumber, Pitta & Dip

HAMBURGERS

Delicious Homemade Patty

Beef, Chicken or Veggie \$6.00

with Tomato, Lettuce and Cheese

Optional extras (no additional charge):

Beetroot, Dill Pickle, Sauce or Mayo

Cheese Burger \$5.00

Beef Patty with Cheese & Sauce

PLEASE CONSIDER ONE OF THE HEALTHY MENU ITEMS PRIOR TO ORDERING FROM THE ITEMS BELOW. THEY OFFER VERY LITTLE NUTRITIONAL VALUE. THANK YOU

NACHOS

Corn Chips, Salsa & Cheese (GF) \$4.20

PIES - Meat \$4.50

PASTIES - Vegetarian (V) \$4.50

SAUSAGE ROLL \$3.00

Sauce \$0.20c

HOT DOG

Tomato/BBQ/Mustard Sauce \$4.00

Cheese \$4.50

(V) Vegetarian

DAILY LUNCH SPECIALS

TUESDAY (only)

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

Fried Rice (GF)(V)

Noodles (V)

Sticky Chicken Drumsticks (GF) **\$2.00**

WEDNESDAY (only)

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

Mac and Cheese (V)

Tuna Mornay and Rice (V)



DRINKS

For purchase with lunch orders:

Fruit Smoothie (freshly made) . . . \$2.50

Hot Chocolate \$2.00

Cup of Cold Milk \$1.00

Spring Water \$1.20

Fruit Juice \$2.00

(Apple, Orange or Apple Blackcurrant)

Chocolate Milk \$2.60

Strawberry Milk \$2.60

THURSDAY (only)

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

Butter Chicken & Rice (GF)

Vegetable Curry (Dahl) & Rice (GF)(V)

Pappadum (GF)(V) **\$1.00**

FRIDAY (only)

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

Penne Bolognaise with Cheese (GF avail)

(Cup -\$3.50 & Bowl - \$5.50)

Pumpkin Soup (V) (GF)

Garlic Bread (V) \$1.50

SNACKS

For purchase with lunch orders:

Apple or Pear \$1.20

Orange (cut into segments) \$1.40

Apple Slinky \$1.40

Homemade Biscuits \$1.00

Homemade Bliss Ball (GF) \$1.50

Fruitwise Fruit Strap (GF) \$1.50

Popcorn (made in-house) (GF) . . . \$1.00

A SELECTION OF FRESHLY MADE OPTIONS AVAILABLE FOR PURCHASE OVER THE COUNTER DAILY

BYO APPLE FOR SLINKY 20cents