

## 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](http://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](mailto: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 - Term 4 Menu 2018**

Westbourne Park Primary School

# FRESH BITES CAFÉ

## Term 4 Menu



### Open for Recess & Lunch TUESDAY - FRIDAY

All lunches by order only

We encourage ordering via Qkr!  
(See back page for online ordering info)

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

**We are committed to reducing the amount of non-biodegradable waste produced in the canteen and use environmentally friendly packaging which is compostable.**



Fresh Bites Café—Westbourne Park Primary School (2018)

Canteen Manager—Sally Stefanopoulos

Email: [wpps.canteen286@schools.sa.edu.au](mailto:wpps.canteen286@schools.sa.edu.au)

Mobile: 0422 865 664

## BURGERS

*Delicious Homemade Patty*

**BEEF, CHICKEN OR VEGGIE (V)** . . . . \$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

**PULLED PORK AND COLESLAW** . . . . \$6.00

## PIZZAS

*Yummy base from Masters of Bread with fresh toppings added:*

**CHEESE (V)** . . . . . \$3.00

**HAM & PINEAPPLE** . . . . . \$3.50

**VEGETARIAN (V)** . . . . . \$4.00

*Capsicum, Mushroom, Onion, Olive,*

*Pineapple, Cheese*

**THE LOT** . . . . . \$4.50

*All of the above*

## SALADS/SANDWICHES/WRAPS/FOCACCIAS

Options to select from:

BASE: Baked Beans, Cheese, Chicken, Egg, Ham, Tuna, Vegemite

SALAD: Beetroot, Carrot, Cucumber, Lettuce, Pineapple, Red Onion, Roast Capsicum, Tomato

CONDIMENTS: Mayonnaise, Mustard, Dressing

**SANDWICH:** 1 filling \$3.00, 2 fillings \$3.50, 3 fillings \$4.00, 4 fillings \$4.50, 5+ fillings \$5.00

50 cents extra for toasting

**WRAP:** \$5.50 Please choose 4+ fillings from options above (+50 cents for toasting)

**SALAD:** \$4.50 small and \$5.50 large—please choose from options above

**TOASTED FOCACCIA: \$6.00**

Suggested fillings

Chicken, Tomato, Basil and Cheese

(or make you own from options above)

Roast Capsicum, Red Onion, Tomato, Cheese (V)

(GF) Gluten Free

(V) Vegetarian

## LUNCH IN A BOX

\$5.50

**OPTION 1 (GF, V): Cheese & Crackers**

*with Carrot, Cucumber, Cherry Tomatoes,*

*Fruit & Bliss Ball*

**OPTION 2 (V): Cheese Sandwich with**

*Carrot, Cucumber, Fruit & Biscuit*

**OPTION 3: Chicken Nuggets** (homemade)

*with Lettuce, Carrot, Cucumber & Cherry*

*Tomatoes*

**OPTION 4: Meatballs** (homemade) *with*

*Carrot, Cucumber, Lettuce, Dip and Pita*

## SOMETIMES FOOD

Please consider another option

NACHOS (GF, V) . . . . . \$4.20

PIE OR PASTIE (V). . . . . \$4.70

SAUSAGE ROLL . . . . . \$3.80

HOT DOG

Tomato/BBQ/Mustard Sauce . . . . . \$4.20

HOT DOG with Cheese. . . . . \$4.70

## SALLY'S

## FRESHLY MADE LUNCH SPECIALS

### WEDNESDAY (only)

#### Sushi (GF)

(\$3 Per Roll)

Option 1: Teriyaki Chicken

Option 2: Avocado (V)

Option 3: Tuna (V)

#### Cold Rolls (GF)

(\$3 Per Roll)

Option 1: Chicken

### THURSDAY (only)

#### Mexican (GF)

(\$5.50)

Served with Fresh Salsa, Grated

Cheese, Yoghurt and Corn Chips

Option 1: Meat

Option 2: Bean (V)

### FRIDAY (only)

#### Fresh Salad

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

Option 1: Caesar Pasta Salad

Option : Fruit Salad (V,GF)



## DRINKS

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

Cup of Cold Milk. . . . . \$1.00

Cup of Cold Milo . . . . . \$1.50

Fruit Juice . . . . . \$2.20

(Apple, Orange or Apple Blackcurrant)

Chocolate Milk . . . . . \$2.30

Strawberry Milk . . . . . \$2.30

## SNACKS

*For purchase with lunch orders:*

Seasonal Fruit . . . . . \$1.40

Apple Slinky . . . . . \$1.40

Homemade Biscuit. . . . . \$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*