

Delite Bite - St Benedict's School Canteen Menu (Term 4)

RECESS

Pre-order and counter service available

| | |
|--|--------|
| Popcorn | .50c |
| Trail mix | \$1.00 |
| Cranberries, sultanas, cereal and popcorn | |
| Chocolate/Blueberry muffin | \$1.00 |
| Cheesie | \$1.50 |
| Chicken Strip | \$1.25 |
| Yoghurt cup (Vanilla) | \$2.00 |
| (add Banana, Berries or Granola) | |
| Snack pack | \$1.50 |
| (Cheese, crackers, carrot and cucumber sticks) | |

LUNCH

Sushi (Pre- Order by Tues am)

| | | |
|-------------------------|----------------|----------------|
| Tuna, Chicken or Veggie | | |
| 3 pcs = \$3.75 | 5 pcs = \$5.25 | 8 pcs = \$7.00 |
| Mini cucumber rolls (5) | \$2.80 | (10) \$4.80 |

Salad Box

Lettuce, tomato, cucumber, carrot, cheese

| | |
|---------------------------|--------|
| Served with a dinner roll | \$3.50 |
| With egg | \$4.00 |
| With tuna or ham | \$5.00 |
| With chicken | \$5.50 |



Sandwiches/Wraps and Rolls

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|------------|--------|
| 1 Filling | \$3.50 |
| 2 Fillings | \$4.00 |
| 3 Fillings | \$4.50 |

Choose each different filling's from:

| | |
|---|--------|
| Ham, Tuna, chicken, cheese, egg & salad | |
| (Salad = lettuce, Carrot, Tomato, Cucumber) | |
| Roll or wrap | .50 |
| Gluten free bread | \$1.00 |

Indicate if you want it toasted

HOT FOODS

Mini Pizza (made to order) \$4.70

Choose your topping: Ham, cheese, pineapple, olives

Hamburger (wholemeal bun)

| | |
|-----------------------------|--------|
| 100% Beef Patty | |
| With cheese and sauce | \$4.50 |
| add lettuce, tomato, carrot | \$5.00 |

Mac and cheese

add Bacon .30c

Pies and Sausage Rolls

| | |
|------------------|--------|
| Sausage Roll | \$3.50 |
| Cruizer Meat Pie | \$4.00 |
| G/F Sausage roll | \$4.50 |



Bento Box

Includes popcorn, chocolate mini muffin and carrot sticks with your choice of:

| | |
|------------------------------|--------|
| Party pie x 2 | \$4.50 |
| Sushi x 3 (chicken/tuna/veg) | \$4.50 |

DRINKS

| | |
|--|--------|
| Nudie juice box | \$2.00 |
| (Apple/orange/apple and blackcurrant) | |
| Flavoured Milk | \$2.00 |
| (Chocolate/strawberry) | |
| Juice Bombs | \$2.50 |
| (Grape, Apple and Raspberry, Apple and Blackcurrant) | |
| Sparkling OH (less sugar) | \$2.50 |
| (orange, lemonade) | |

We would love to have you come and volunteer in the canteen.

Any amount of time will help - Please contact Simone at 0438 325 979 <http://signup.com/go/eGCGasD> - Sign up link

**Please place all orders in by 9am Tuesday morning.
(This allows for prep time on Wednesday)**

All orders placed after Tuesday will be limited to only
Pies, Sausage rolls, Pizza

Orders are done via **QuickCliq** – an online ordering system linked to the school canteen.

The attached flyer details both the easy-to-follow steps to register and the methods of payment.

Here are the main points:

Once registered with **QuickCliq** you can go to our school page detailing all menu items. The cut-offs for ordering are: 9am on Tuesday

(Sushi and must be ordered by Tuesday at 9am)

NB: Late orders received after 9am on Tuesday's will have a restricted menu.

To avoid disappointment and to order from the full menu, please ensure you have placed your order online by 9am on the Tuesday morning.

You can order for up to 4 weeks in advance, simply log on and charge your account with funds.

We hope that Parents, Caregivers and Students will take advantage of this online ordering system and hopefully you see it being more convenient for you

<https://quickcliq.com.au/LearnMoreParents.aspx>

Please discuss with your children what they are ordering to avoid disappointment and confusion.

The Canteen follows the Healthy Food and Drink Policy – Traffic Light System. All foods sold are approved by the WA school Canteen Association. All foods are rated green and amber.

All hot meals are made from scratch using fresh, high-quality ingredients.

I would love to have your help in the Canteen. It is parent volunteers that are crucial to the success of the Canteen. You are our most precious resource and are essential for the smooth operation of the Canteen.

There are many benefits to volunteering! You will make new friends, improve or learn new skills, have a few laughs with a great bunch of people, and most important of all, you will be doing something very worthwhile for your school community.

Your children will love seeing you “working” in the Canteen. As a Canteen volunteer you will be provided with bottomless cuppas, an “A la Carte” lunch from the menu and your child will also receive a \$5 voucher to spend at the Canteen at any time (on lunch orders only)

Volunteers are required from school drop off to 1.30pm. I promise to make you feel very welcome. Any amount of time that you can help will be appreciated.

<http://signup.com/go/eGCGasD>

I look forward to meeting you.

Please contact Simone - 0438 325 979 or delite.bite@outlook.com