

HOW DO I ORDER RECESS AND LUNCH?

1. Ordering recess and lunch

Orders can be made using Lunch Bags, using Our Online Canteen or our Early Bird Letterbox at the Canteen.

How to get lunch bags - Lunch bags can be purchased from the Canteen or the front office - \$1.00 for 15 bags.

Also, you can find brown bags at local supermarkets. Re-useable lunch bags can be purchased from the Canteen for \$10.00. ***No zip lock bags or envelopes***

What to write on the lunch bag - write "Recess" or "Lunch" on the bag, as well as the students name, class teacher, room number and the food ordered.

Reminders when using a lunch bag - Remember to use **one bag for recess** and **one bag for lunch**;

Please do not staple or tape the bag; Please include enough money for the order.

Kindy and Pre-primary students cannot order recess, ice creams, icy poles or slushies. This is due to them not allowed to leave the K/PP area to collect.

1. How to use Our Online Canteen -

****This is the best and most efficient way to order****

Go to www.ouronlinecanteen.com.au, create an account, add credit, load your child's profile and order by **8.45am**. There is also an app available for your mobile phone.

2. Getting the order to the canteen

Recess and lunch orders can be taken to the canteen window from 8:30am to 9:00am; OR

The student can take their order to class, where it is then brought to the canteen in the class basket by 9:00am.

3. Getting the order back to the student

Your child's teacher will arrange for orders to be collected from the canteen during the meal breaks. The meals are distributed to the students in class.

Icy poles, ice creams and slushies are collected by the student from the canteen after the lunch play bell.

4. Purchasing food from the canteen during recess and lunch

Students can come to the canteen window to purchase food and drinks at recess and lunch. The full menu may not be available, but the canteen assistants can inform the students of what food can be purchased.

On the menu, * means *made in the canteen*;

A = Amber traffic light = occasional choice

G = Green traffic light = healthy choice



IMPORTANT NOTES

Kindy and Pre-primary cannot order recess.

All class basket orders for recess and lunch must be received by the canteen by 9:00am.

If an order is late your child may be given a substitute item to the value of money provided to the canteen.

Sorry, no credit or I.O.U is given.



ELLEN'S LUNCHBOX

2017- Term 3

- Winter Menu -

Open: From 8.30am Monday, Tuesday,
Thursday and Friday

Contact: Canteen Manager - Kathreen
on phone - 6296 7567

email - ellenslunchbox2008@gmail.com

Order online: www.ouronlinecanteen.com.au

Closes at 8.45am

All menu items meet the Department of Education's Healthy Food and Drink Policy and meet the requirements set by the compulsory Traffic Light Healthy Eating Policy.

[Check out photos of our yummy food and all things Canteen on the P&C Facebook page - Ellen Stirling Primary School P&C.](#)

Any Feedback to: espspandcgeneral@gmail.com

VOLUNTEERS NEEDED!

Do you have some spare time?

The ongoing operation of the canteen relies heavily upon the assistance of volunteers to ensure it stays open.

It would be great to see some new faces, so come in and enjoy a coffee and a chat and we can show you around.

The children **LOVE** to see someone they know in the canteen! 30 mins-2 hrs of your time makes a BIG difference!!



Grandparent's can!

Did you know that all Volunteers after 2 hours help receive a \$5.00 canteen voucher and if you stay all day you receive lunch and a drink! Awesome way to get to taste some of the new yummy things we are cooking !!



Dad's can!

****NEW** 8.30am - 8.40am BEFORE SCHOOL- available from the Canteen**

G	Sip n Crunch Pack* (veggie sticks, or piece of fruit & 350ml water)	\$1.50
G	Ham, Cheese and Egg English Breakfast Muffin*	\$3.50
G	Toasted Raisin Bread (1 slice)	\$0.50
G	Breakfast Smoothie* (Flavour will change daily)	\$2.00
G	Warm Milo/Hot Choc* (Hi-lo milk. No sugar)	\$1.50

Recess orders are not available for Kindy or Pre-primary students.
Students are to collect their recess orders from the canteen.

** We will have a range of **healthy** mini extras to buy over the counter daily. **

SNACKS - RECESS AND LUNCH

G	Popcorn freshly popped* - large	\$1.00
G	Popcorn freshly popped* - small	\$0.50
G	Trail Mix* (popcorn, pretzels, dried fruit and cereal)	\$1.00
G	Assorted fruit per serve	\$0.80
G	Apple/Pear slinky	\$1.00
G	Pikelets*	\$0.20
G	Jelly Whip*	\$1.20
G	Vanilla Yoghurt Cup	\$1.20
G	Chocolate Yogo	\$2.00
G	Boiled Egg*	\$1.00
A	Muffin/Slice*	\$1.00
A	Snaps Chips - BBQ or Salsa	\$2.00

RECESS ONLY

A	Hashbrowns (Tues/Fri - max of 4)	\$0.50
G	Cheese and Bacon Roll*	\$1.20
G	Warm Cheesie* options - Plain, Sauce or Vegemite	\$1.00
G	<u>Snack Attack</u> (Pre-order only)	\$1.50
	3x - crackers, cheese & carrot sticks + Sultanas & a mini muffin	
	<u>Winter Warmer Snack Pack</u> - (Pre-order only)	\$3.00
G	1x Cheesie, a piece of fruit and a hot choc drink	Mon/Thurs
G	2x Hashbrowns, a piece of fruit and a hot choc drink	Tues/Fri

LUNCH ONLY

G	Mac Cheese* V	\$5.00
G	Spaghetti Bol with Twist Pasta*	\$5.00
	** Gluten Free Pasta is available on request for Spaghetti Bol**	\$0.50
G	Dinosaur Pasta topped with a napolitana sauce* V	\$4.00
G	Fried Rice* V	\$5.00
G	Beef Cheese Burger with Salad*	\$5.00
	options- Tomato Sauce, BBQ Sauce, Mustard or Mayo	No Charge
G	Chicken Cheese Burger with Salad*	\$5.00
	options- Tomato Sauce, BBQ Sauce, Mustard, or Mayo	No Charge
G	Nacho's *- V Corn chips topped with salsa and cheese	\$4.50
G	Dino Deal - 3 dinos, 2 hashbrowns, Corn cob & 1 fruit	\$5.00

Build your own fresh lunch:

G	Sandwich (Hi-Fibre White or Wholemeal)	\$1.00
G	Roll or Wrap (White)	\$1.20
G	Turkish Bread	\$1.50

Now add your fillings:

G	Vegemite (NO BUTTER is used unless requested)	\$0.80
G	Cheese	\$1.00
G	Egg—plain*	\$1.00
G	Egg—curried*	\$1.50
A	Ham	\$1.50
G	Chicken*	\$1.50
G	Tuna	\$1.50
A	Shortcut Bacon (per slice)	\$0.80
G	Lettuce, Spinach, Tomato, Cucumber, Carrot, Pineapple, Onion	\$0.50 EA
G	Beetroot, Avocado, Nut free basil pesto, Semi dried tomatoes	\$0.70 EA
	Salt and Pepper	No Charge
	Any of these choices TOASTED	\$0.50
	Condiments:	
	Salad Dressing, Tomato Sauce, BBQ Sauce (squeezy portion), Mayo,	
	Tomato Relish, Aioli, Sweet chilli, Mustard, Sour cream (tub)	\$0.50

DRINKS - Available at Recess and Lunch

G	Water 600mL	\$1.20
G	Flavoured Milk 300ml (choc, strawberry, banana)	\$2.20
G	Milk Cup* (pick up from canteen)	\$1.00
G	Milk Cup* & Sippah Straw (pick up from canteen & pick flavour)	\$1.50
A	Popper Juice (apple, orange, tropical, apple/blackcurrant)	\$1.80
A	Juice Bomb (Carbonated fruit drink) (Apple blackcurrant, Apple Raspberry, Vanilla Lime)	\$2.50
G	Milo UHT Milk 200ml	\$2.00
G	Warm Milo* (Hi-lo milk. - pick up from canteen)	\$1.50
G	Warm Choc* (Hi-lo milk. - pick up from canteen)	\$1.50

(Frozen Items only available at lunch time)

Frozen Items are not available for Kindy or Pre-primary students.
Students are to collect items from the canteen after the lunch play bell.
This symbol (*) means items are made fresh in our canteen!

FROZEN ITEMS

A	Icy poles, Slushie & Paddle Pops (Choc, Rainbow, Banana)	\$0.60 - \$2.00
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DAILY LUNCH SPECIALS

-MONDAY-

G	Butter Chicken*	\$5.00
	Mild Butter Chicken served with a side of rice, corn, carrot & peas.	

-TUESDAY-

G	Beef Burrito*	\$5.00
	Mexican beef mince with lettuce, tomato and carrot, in a tortilla wrap.	
	options- Sour cream, Salsa or Sweet Chilli Sauce	No Charge
	Grated Cheese	\$1.00

-THURSDAY-

A	Hot Chicken Roll*	\$5.00
	Freshly cooked chicken breast, mixed with our own canteen made herby mayo.	
G	Chicken Rippa Wrap*	\$5.00
	lettuce, tomato and carrot. **served warm**	
	options- 1 x Plain or Chilli Chicken Strip.	
	Add extra strip	\$1.80
	Mayo or Sweet Chilli/Sour cream dressing	No Charge
	Grated Cheese	\$1.00

-FRIDAY-

A	Pizza (Ham & Cheese or Hawaiian)	\$4.00
A	Hotdog	\$4.00
	options- Sauce- tomato/bbq/mustard	No Charge
	Grated Cheese	\$1.00
A	Beef Pie	\$3.80
A	Beef Pie (Gluten Free)	\$4.30
A	Sausage Roll	\$3.20
A	Sausage Roll (Halal)	\$3.50
A	Snack Pie	\$1.20

**** VOLUNTEERS ****

Please we need your help!! A little help goes along way! If you have 30 minutes up to 2 hours spare we would love to hear from you!!
Check out photos of our yummy food, what our POP UP Specials are and all things Canteen related on the P&C Facebook page -

Ellen Stirling Primary School P&C

**Please NO orders in zip lock bags or envelopes **

You can buy lunch bags from the Canteen or the front office - \$1 for 15 bags.
Order online at www.ouronlinecanteen.com.au by 8.45am