

HOW DO I ORDER RECESS AND LUNCH?

1. Ordering recess and lunch

Orders can be made using **Lunch Bags**, by class lunch baskets or using **Our Online 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 **9.00am**. 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

2018- Term 1 - Summer 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 9.00am

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.

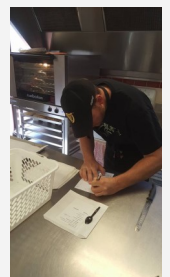
It would be great to see some new faces, so come in and enjoy a coffee and a chat and we can show you around.

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!

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

RECESS ONLY

A Hashbrowns (Tues/Fri - max of 4)	\$0.50 ^{EA}
A Snack Pies (Tues/Fri - max of 4)	\$1.30 ^{EA}
G Warm Cheesie* Plain, Sauce, Vegemite, + 50c fresh tomato, +50c bacon pieces	\$1.00 ^{EA}
G Mighty Muffin* (Pre-order only) Ham, egg & cheese on an english muffin	\$2.50
G Snack Attack* (Pre-order only) 3x crackers, cheese, carrot sticks, pikelets & sultanas	\$1.50
G Smoothie Bar* (Pre-order only)	\$2.00
Banana (frozen banana, milk, yoghurt)	
Mango & Pineapple (frozen mango, pineapple & milk)	
Tropical Berry (frozen mixed berries, Banana & tropical juice)	

SNACKS - RECESS AND LUNCH

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

G Popcorn freshly popped* - large	\$1.00
G Popcorn freshly popped* - small	\$0.50
G Pretzels	\$0.50
G Trail Mix* (popcorn, pretzels, sultanas, cherrios & weetbix bites)	\$1.00
G Assorted fruit per serve	\$0.80
G Apple/Pear slinky	\$1.00
G Pikelets*	\$0.20 ^{EA}
G Vanilla Yoghurt Cup	\$1.20
G Vanilla Yoghurt Topped with Granola*	\$1.50
G Boiled Egg*	\$1.00 ^{EA}
G Fruit Salad Small* (Pre-order only)	\$2.00
G Cheese & Crackers (4 of each)	\$1.00
A Fruit Muffin*	\$1.00

LUNCH ONLY

G Large Fruit Salad*	\$4.50
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 Chicken Parmigiana Burger with Salad*	\$5.50
Crumbed Chicken topped with Kat's parmigiana sauce & melty cheese	
G Beef Cheese Burger with Salad*	\$5.00
options- Tomato Sauce, BBQ Sauce, Mustard, Aioli or Mayo	No Charge
G Chicken Cheese Burger with Salad*	\$5.00
options- Tomato Sauce, BBQ Sauce, Mustard, Aioli or Mayo	No Charge
G Crispy Chicken Strip and Salad Wrap*	\$5.00
options- Plain or Sweet Chilli. Mayo, Aioli, Caesar	
Extra Strip \$2.00ea, Cheese \$1.00, Bacon (1 slice) \$0.80ea	
Salad in Burgers and Wraps include - lettuce, tomato and carrot	
G Dino Deal - 5 dino snacks, veggie sticks & a piece of fruit	\$5.00
A Nacho's* V Corn chips with salsa & cheese (recommended once a week)	\$4.50

DESIGN YOUR OWN FRESH LUNCH:

G Sandwich (Hi-Fibre White or Wholemeal)	\$1.00
G Roll or Wrap (White)	\$1.20
G Salad Bowl (Large) / Ploughman's Platter (Divided Bowl)	\$1.20
G Turkish Bread Roll or a Seeded Bread Roll	\$1.50
Any of these choices TOASTED	\$0.50
Now add your fillings: (Butter is used thinly unless requested NO BUTTER)	
G Vegemite	\$0.80
G Cheese (2 slices of cheese or grated)	\$1.00
G Egg—plain sliced*	\$1.00
G Curried Egg*	\$1.50
A Ham	\$1.50
G Chicken*	\$1.50
A Shortcut Bacon (1 slice)	\$0.80 ^{EA}
A Crumbed Chicken Strip (plain or sweet chilli)	\$2.00 ^{EA}
G Tuna	\$1.50
G Lettuce, Tomato, Cherry tomato, Cucumber, Carrot, Onion	\$0.50 ^{EA}
G Beetroot, Pineapple, Sundried tomatoes, Spinach	\$0.70 ^{EA}
G Avocado, Olives, Pickled Onions, Dill Pickles	\$1.00 ^{EA}
Salt and Pepper	No Charge

Condiments:

Salad Dressing (Caesar, Italian) Tomato Sauce, BBQ Sauce, Tartare Sauce (squeazy portion)	
Aioli, Mayo, Tomato Relish, Sweet chilli, Mustard, Sour cream (tub)	\$0.50 ^{EA}

DRINKS Available at Recess and Lunch

G Water 600ml	\$1.20
G Flavoured Milk 300ml (choc, neapolitan strawberry, banana)	\$2.20
G Milk hilo 225ml	\$1.50
G Milk hilo 225ml* & Sippah Straw (pick up from canteen & pick flavour)	\$2.00
A Popper Juice (apple, 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

FROZEN ITEMS

A Icy poles and Paddle Pops	\$0.80-\$2.00
A FroYo. Frozen Yoghurt.	\$2.50
Cotton Candy, Cookies & Cream, Watermelon Sorbet & Mango Sorbet.	

(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!

DAILY LUNCH SPECIALS

- MONDAY -

A Nemo Pack - Fish and Wedges*	\$5.00
3 oven baked Tempura Fish Bites and Seasoned Wedges.	
options- Tartare sauce, Tomato sauce, Wedge of lemon	\$0.50

- TUESDAY -

G B.L.T Sandwich*	\$5.00
Toasted bread, topped with 2 shortcut bacon rashers, lettuce, spinach, sliced tomato, aioli and a tomato relish.	
options- Toasted Turkish Bread instead	\$1.00

- THURSDAY -

G Bento Boxes*	
Each Bento comes with 4 side snacks - 3 pikelets, cheese & crackers, seasonal fruit & popcorn.	
1) 3 pieces of Sushi*	\$6.00
options- Teriyaki chicken, Tuna or Vegetable. Comes with Soy sauce	
2) 2 Crumbed Chicken Strips **cooked and served cool**	\$6.00
options- Plain or Sweet Chilli	
3) A sandwich* (white or wholemeal)	\$5.00
options- Cheese, Ham, Vegemite, Vegemite & Cheese or Ham & Cheese	

G Sushi 4 pack*	\$4.50
options- Teriyaki chicken, tuna or vegetable. Comes with Soy sauce	

- TUESDAY & FRIDAY -

A Pizza (Ham & Cheese or Hawaiian)	\$4.00
A Hotdog	\$4.00
options- Sauces- tomato/bbq/mustard	No Charge
Grated Cheese	\$1.00
A Beef Pie	\$4.00
A Sausage Roll	\$3.50
A Sausage Roll (Halal)	\$3.70
A Snack Pie	\$1.30

** 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 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 9.00am**