

# Lunch Order Menu

Menu as of April 2023 TERM 2 & 3

## SANDWICHES

All sandwiches are made with wholemeal bread. White bread is available on request.

Vegemite	\$2.50
Vegemite & Cheese	\$3.00
Cheese	\$3.00
Salad	\$4.00
Ham or Chicken	\$3.00
With Salad	\$4.00
With Cheese & Salad	\$4.50
With Cheese & Tomato	\$4.00
With Cheese	\$3.50
Egg & Lettuce	\$4.00
Extra's	
Cheese	\$0.50
Salad	\$1.00
Tomato or BBQ sauce, Mayonnaise.	\$0.30
Roll	\$0.50

## TOASTIES

All toasties are made with wholemeal bread. White bread is available on request.

Cheese	\$3.50
Cheese & Tomato	\$4.00
Cheese & Vegemite	\$3.50
Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.00
Chicken & Cheese	\$4.00
Extra's	
Cheese	\$0.50
Tomato	\$0.50
Tomato or BBQ Sauce, Mayonnaise	\$0.30
Jaffle – Baked Bean	\$4.00
Jaffle – Spaghetti	\$4.00
Hot Chicken Roll	\$5.00

## SALAD

Salad Bowl	\$4.00
<i>(Lettuce, tomato, cucumber, carrot, corn, salad dressing)</i>	
Pasta Salad	\$5.00
<i>(Pasta, capsicum, cucumber, carrot, corn, dressing)</i>	
Extra's	
Ham	\$1.00
Chicken	\$1.00
Egg	\$1.00
Cheese	\$0.50

## WEDNESDAY SPECIALS

Cheese pizza	\$6.00
Bacon & Cheese Pizza	\$6.00
Hawaiian Pizza	\$6.00
<i>(Bacon, pineapple, cheese)</i>	
Vegetarian Pizza	\$6.00
<i>(Capsicum, tomato, cheese, olive)</i>	
BBQ Chicken	\$6.00

## SNACKS

Fruit	\$1.00
Veggie Sticks	\$2.00
Plain Pikelet	\$0.50
Fruit Pikelet	\$1.00
<i>(Pikelet, cream cheese, strawberries)</i>	
Popcorn	\$0.50
Cheese & Crackers	\$2.00
Pear Bread	\$2.00
Muffin	\$2.00
Cookies Various	\$0.50
Bliss Balls	\$0.50
Sweet Box	\$3.50
<i>(Muffin, 2 cookies, pikelet, popcorn)</i>	
Savoury Box	\$3.50
<i>(Cheese &amp; Crackers, veggie sticks, popcorn)</i>	
Yoghurt	\$2.50
<i>(Strawberry, Vanilla)</i>	

## DRINKS

<b>Golden Circle Juice</b>	
Juice Box 250ml	\$2.50
<i>(Apple, Tropical, Apple Blackcurrant)</i>	
<b>Brownes Milk</b> 250ml	\$3.00
<i>(Chocolate, Strawberry, Banana)</i>	
<b>So Good</b>	
Soy Milk 250ml	\$3.00
<b>Water</b> 600ml	\$3.00

## FRIDAY SPECIALS

Chicken Nuggets & Salad	\$6.00
Fried Rice Chicken	\$6.00
Fried Rice Vegetarian	\$6.00
Bolognese Beef	\$6.00
Bolognese Vegetarian	\$6.00
Mac & Cheese	\$6.00
<b>Mrs Macs Lite'n'Up Range</b>	
Sausage Roll	\$4.50
Beef Party Pie (max. 4)	\$1.70
Meat Pie	\$5.00
Vegetable Pastie	\$5.00
Tomato Sauce	\$0.60
BBQ Sauce	\$0.60



### Traffic Light System

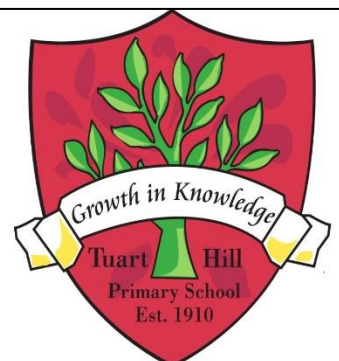
**Green** – The healthiest choice!

**Amber** – Select sometimes.

**Red** – Off the menu!



**Osborne Primary**



# Lunch Order Menu 2023

## **Lunch Orders Available Wednesday & Friday**

Osborne Primary School works in conjunction with the Tuart Hill Primary School Canteen to provide our students with the opportunity to order their lunch every Wednesday and Friday. Parents place and pay for their children's lunch order using the Quickcliq website, lunch orders are then prepared by the staff in the THPS Canteen and are delivered to our students by an Osborne Primary Parent volunteer.

The aim of this initiative is to provide a convenient and reliable service for parents, and the excitement of a special lunch order for students. We hope both parents and students enjoy their Lunch Order days!

### **Tuart Hill Primary School Canteen**

The Canteen at THPS is a not for profit based business owned and operated by the P&C. Our Canteen Manager, Jodie, provides nutritious and wholesome home-made dishes in accordance with the Western Australian School Canteen Association's Traffic Light System. The WASCA Traffic Light System requires a minimum standard for public school canteen menus of **60% Green foods** (healthiest choices) and less than **40% Amber foods** (a sometimes food). Your menu has been colour coded to make the choices even easier for parents and boasts a **79% Green** menu!

If you have any queries or concerns regarding lunch orders, or if you wish to volunteer some time in the canteen preparing lunches, please contact our Canteen Manager directly.

**Canteen Manager THPS – Jodie Ross**

**Email – [canteenthps@gmail.com](mailto:canteenthps@gmail.com)**

**Phone – 0400 078 324**

### **Quickcliq Online Ordering**

Osborne Primary has a great online ordering system called QUICKCLIQ. Quickcliq allows parents to place lunch orders from home, work or school at any time before the cut-off time of 9.00am each Friday morning. Lunch orders can even be made up to two weeks in advance, so you need never forget a lunch order again! Payment for orders is also done online.

As well as being convenient for parents, the online orders are much faster and easier for the canteen to process – so it makes everyone's life a little easier. Quickcliq is a well-established and tested system which operates in hundreds of schools across Australia.

Getting started is easy and only takes a second to register. Simply go to [www.quickcliq.com.au](http://www.quickcliq.com.au) and click "Register Now". You will be sent an email with further instructions on how to complete your registration. Once registered, you can add credit and start placing orders immediately. There are a variety of payment options including Visa, Mastercard and bank transfer – you determine the amount added to your account, which makes it easier to budget for lunch orders throughout the term.

If you require any assistance with Quickcliq, please contact them directly on 1300 116 637.

Online ordering with Quickcliq is EASY, CONVENIENT and SAFE!

