

CAN YOU HELP US?

Can you spare 30 minutes, one or two hours or a whole morning? We would be grateful for any time you can offer.

We need help to receive, sort, pack and make the orders, serve the kids at recess and lunch and clean up.

Tea, coffee and lunch is provided. Come with a friend!

If you are able to volunteer please put your name down on the roster at the canteen, call the canteen on 9310 3407, or email wlpscanteen@hotmail.com

Many thanks

BIRTHDAY OFFER

If it's your child's birthday they may order anything on the menu as long as you give the canteen two days notice☺



West Leeming P&C
involvement

WEST LEEMING P&C WILD WEST CAFÉ

TERM 4 2018 & 1 2019

PAPER FREE MENU

Open Tues, Wed, Thurs & Fri
(Undercover area)

Contact Rita 9310 3407

IT'S EASY TO ORDER

1. Lunch bags can be purchased at the canteen. 10 bags for 50c (includes drink order slips)
2. Drop your order into the canteen's order box (with correct amount) or hand it in to the canteen between 8.30am & 9.00am

OR

Order on line through QUICKCLIQ
By: 8.50am

<http://www.quickcliq.com.au>

QUICKCLIQ

For more info please read the "how to register" flyers and FAQ'S available on the School Stream App (P&C Tab) and School Website. The School Office & Canteen have hard copies if required.

ORDER AHEAD

Order a week, fortnight or term in advance. Simply fill in the bags for those dates and pay at the canteen.

Pre-purchase money tokens to save the hassle of finding money on the day. Value \$32.00

HEALTHY EATING GUIDELINES

WA Canteens must plan a healthy menu based on a traffic light system. This system rates food according to their nutritional value as per fat, sugar and salt content.



Red foods are off the menu.

Amber foods are included in limited amounts & are carefully selected.

Green foods are everyday foods low in fat, sugar & salt and make up the bulk of our menu.

EVERY DAY

Sandwiches & Wraps

Salad (V) (Lettuce, tomato & carrot)	\$2.50
Chicken	\$3.50
Ham	\$3.00
Egg (V)	\$2.50
Cheese (V)	\$2.50
Vegemite (V)	\$2.00
Tuna	\$3.50

Add 50c extra for salad, egg, beetroot or cheese

Toasted Sandwiches

Cheese (V)	\$2.80
Ham	\$3.30
Ham & cheese	\$3.80
Chicken	\$3.80
Chicken & cheese	\$4.30
Baked beans (V)	\$3.00
Spaghetti (V)	\$3.00
Baked beans & cheese (V)	\$3.50
Spaghetti & cheese (V)	\$3.50

Gluten free bread available for toasted sandwiches \$1.00 extra

Garden salad tray (V) (Lettuce, tomato & carrot with a slice of buttered bread)	\$2.50
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Add 50c extra for egg, beetroot or cheese

(V) = Vegetarian (GF) = Gluten free

Lunch Orders
ONLINE
CUT OFF TIME
8.50am

EVERY DAY CONT...

Pizza: ham hero, BBQ chicken or very vegetarian (V)	\$3.20
Homemade macaroni cheese (V)	\$4.00
Homemade baked beef <u>bolognaise</u>	\$4.00

SPECIALS

Tuesday

Nachos with homemade sauce (GF) (V)	\$3.50
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Add \$1.00 extra for chicken or beef

Sausage roll	\$2.50
Sausage roll gluten free (GF)	\$4.00
Party pie	\$1.20

Add 30c extra for sauce (tomato or BBQ)

Wednesday

Homemade beef burger with salad & tomato sauce	\$4.00
Crispy chicken breast burger with salad & mayo	\$4.00
Gluten Free Chicken strip & salad wrap (GF)	\$4.50

Add 50c extra for cheese

Thursday

Yummy <u>drummies</u> & gems	\$4.00
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Friday

Hotdog (with sauce)	\$3.00
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Add 50c extra for cheese

Lunch Orders
ONLINE
CUT OFF TIME
8.50am

RECESS TREATS

Assorted home baked treats	\$1.00
Large <u>cheesie</u> (half roll) (V)	\$1.00
Potato gems or hash brown (Friday only) (V)	\$1.00

LUNCH TREATS

<u>Quelch stick</u>	\$0.80
Popcorn (GF) (V)	\$1.00
Jelly cup	\$1.00
Vege crackers (GF) (V)	\$1.20
Red rock deli chips (honey soy chicken)	\$1.20
<u>Moosies</u> (choc, <u>bluemoon</u> or <u>strawberry</u>)	\$1.20
Choc billabong	\$1.50

DRINKS

Flavoured milk 300ml (choc, berry or banana)	\$2.20
100% juice 250ml (orange, apple or apple blackcurrant)	\$1.50
Water 600ml	\$1.50
Fruit bomb - fizzy fruit juice (vanilla lime, apple raspberry or apple blackcurrant)	\$2.50