

True Soul Kitchen

Canteen at Sunshine Heights Primary School

Commencing Monday 30th of July 2018

How to order:

Online Instructions:

- Sign up at www.quickcliq.com.au
- Place order & Pay the previous day, before 9pm

Cash Instructions:

- By Cash in Brown Paper Bag before 9.30am on the day
- Include the following info on paper bag: Full Name, Classroom Name, Food Item & Price and Money in Bag

Snack foods do not require an online or cash order.

Snacks available at recess and lunch

- Spring Rolls (2 rolls) Chicken and Vegetarian **\$2.50**
- Bag of fresh Popcorn – with butter **\$2.50**
- Natural Fruit Icy Poles – Pink lemonade or Mango or Berry **\$2.50**
- Organic Fruit Juice – Apple or Orange or Apple and raspberry **\$2.50**
- Natural Spring Water bottle **\$2.50**
- Rice Crackers **\$1.00**

Available for lunch orders everyday

Lunch Sandwiches Chicken with salad sandwich Salad only sandwich <i>Salad includes (lettuce, tomato, cucumber and carrot)</i>	\$4.00
Jaffle Toasties (Baked beans or low-fat cheese)	\$3.00
Vietnamese Banh Mi (Chicken or Salad) <i>(Chicken, pickled carrots, coriander, spring onion, cucumber, soy sauce, butter)</i> Add your choice of sauce: Sweet chilli / barbeque / tomato relish / teriyaki / soy sauce	\$4.00 Small \$5.00 Large
Hand-Made Spring Rolls x 4 <i>are hand-made in the kitchen with fresh, quality ingredients.</i>	\$4.50
Hand-Made Crispy Wontons (Vegetarian) x 2 <i>are hand-made in the kitchen with fresh, quality ingredients.</i> <i>Ingredients: Chickpeas, carrot, mung beans & corn</i>	\$2.50
Little Beef Pastries (Banh Quai Vat) x 2 <i>are hand-made in the kitchen with fresh, quality ingredients.</i> <i>Ingredients: Beef, tomato & carrot</i>	\$3.00 or \$1.50each
Steamed Corn on the Cob (x2) <i>Nuttelex dairy free butter and natural Himalayan salt</i> <i>Tomato sauce, barbecue sauce and sweet chilli sauce are available free of charge at the canteen.</i> <i>*All hot foods are nut and egg free</i>	\$2.50

Hot Food Specials

Tuesday only	Mini-Pizza – <i>English muffins with tomato sauce, pineapple, ham and low fat cheese</i>	\$2.50
Wednesday only	Gourmet Burger (Chicken or Vegetarian) – <i>Pattie, lettuce, tomato, butter, wholemeal bun, tomato sauce</i>	\$6.00
Thursday only	Chicken Noodle Soup - <i>Ingredients: Carrot, Chicken, Coriander, Egg-free noodles</i>	\$5.00
Friday only	Italian Spaghetti (Beef or Mushroom)	\$6.00