LUNCH ORDERS CAN BE PLACED IN TWO WAYS

- LUNCH BAG FILL OUT A LUNCH BAG AND PAY AT THE CANTEEN OR PLACE L U N C H BAG AND MONEY IN THE CLASSROOM LUNCH BASKET. IF CHANGE IS REQUIRED, IT WILLBE RETURNED WITH THE LUNCH OR DER.
- GO ON-LINE ALL ON-LINE ORDERS *MUST BE PLACED BY 8.30AM

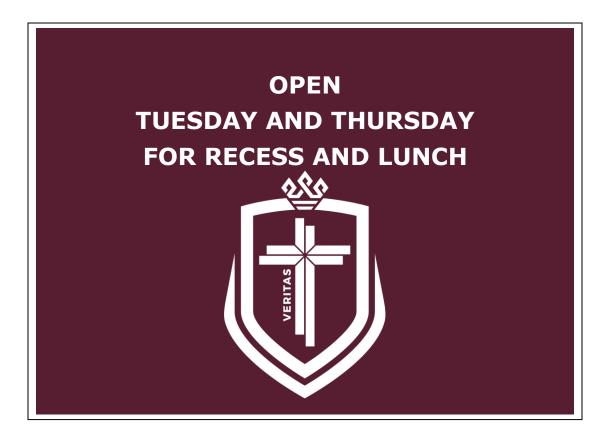
HOW TO GET STARTED

- GO TO WWW.QUICKCLIQ.COM.AU
- 2 SIGN UP
- RECEIVE CONFIRMATION
- 4 EMAIL LOG ONTO WEBSITE
- 5 SELECT OUR LADY'S ASSUMPTION SCHOOL AND ENTER YOUR CHILD/REN
- 6 ADD CREDIT AND ORDER MEAL

ORDERING IS AS EASY AS 1-2-3-4

- SELECT CHILD
- 2 SELECT DATE
- 3 ADD MEAL ITEMS
- 4 CONFIRM





OUR CANTEEN IS AN INTEGRAL PART OF THE OUR LADY'S ASSUMPTION SCHOOL COMMUNITY PROVIDING HEALTHY AND AFFORDABLE MEALS FOR THE STUDENTS AND STAFF OF THE SCHOOL.

WE AIM TO DELIVER A HEALTHY MENU WHICH EXCEEDS MINIMUM STANDARDS. WE FOLLOW THE 'TRAFFIC LIGHT' SYSTEM AND OFFER AT LEAST 90% OR MORE GREEN FOODS ON THE MENU AND ABSOLUTELY NO REDITEMS. THIS IS REASSURING FOR THE BUSY PARENT WHO WANTS A BREAK FOR MAKING LUNCHES!

OLA CANTEEN FOLLOWS THE SCHOOL'S ALLERGY GUIDELINES WITH A STRICT NO NUTS POLICY. THE CANTEEN IS ALSO MINDFUL OF THE INCREASE IN ALLERGIES IN CHILDREN AND WILL ENDEAVOUR TO HAVE A LUNCH ITEM SUITABLE FOR EVERYONE. PLEASE BE AWARE THAT OUR FOOD SUPPLIED MAY CONTAIN OR COME INTO CONTACT WITH COMMON ALLERGENS, SUCH AS DAIRY, EGG, WHEAT, NUTS OR SHELLFISH DURING MANUFACTURE WHICH IS OUT OF OUR CONTROL.

RECESS

HOMEMADE CHOC CHIP COOKIE	70 c
CHICKEN NUGGET	90 c
HASHBROWNS	85 c
FRESHLY MADE JELLY (GF)	\$1.25
PARTY PIE	\$1.50
CHEESIE	\$1.70
HAM & CHEESE POCKETS	\$2.30
HOMEMADE MUFFIN	\$2.00
SNAPS (GF,V,VG)	\$1.70
COLOURFUL VEGGIE CUP (GF,V,VG)	\$2.20



DRINKS & ICE CREAMS

BOTTLED WATER	\$2.20
ASSORTED JUICE BOX	\$2.40
CHOCOLATE OR STRAWBERRY MILK 300ML	\$3.00
CHILL J SPARKLING FRUIT DRINK	\$2.50
MOOSIES	\$2.50
CYCLONE	\$3.00
PADDLE POP	\$2.50
QUELCH FRUIT STICK	80 c
MINI CALIPPO	\$2.20
ICE CREAM CUP (VANILLA)	\$2.00

V=VEGETARIAN
VG=VEGAN
GF= GLUTEN FREE

SANDWICHES ARE PREPARED WITH WHOLE MEAL BREAD. WHITE, ROLLS, WRAPS & GLUTEN FREE AVAILABLE UPON REQUEST.



>	PIZZA SINGLE (BACON & CHEESE)	\$3.80
TUESDAY AND THURSDAY LUNCH	MRS MAC'S GOOD EATING SAUSAGE ROLL	\$3.70
IUR	MRS MAC'S GOOD EATING BEEF PIE	\$4.20
Ӗ	SPINACH AND FETTA QUICHE (V)	\$5.00
AND T	HOT DOG	\$3.90
ARANCINI (V)	ARANCINI (V)	\$1.95
SD/	ARANCINI 3 SERVE (V)	\$5.60
5	PASTA BOLOGNAISE	\$5.00
_	MACARONI CHEESE	\$5.00
	BUTTER CHICKEN (GF)	\$5.50
	SUSHI 5 PIECE CHICKEN OR TUNA	\$7.95
	TOMATO SAUCE PORTION	70 c
	HOMEMADE CHICKEN CUTLET BURGER WITH LETTUCE AND KEWPIE MAYONNAISE	\$7.00
	OLA BURGER WITH SALAD, CHEESE, TOMATO SAUCE	\$6.00
	TOASTED SANDWICHES	
CHEES	SE (V)	\$3.75
нам	& CHEESE	\$4.80
CHEES	SE & TOMATO (V)	\$4.80
CHICK	(EN & CHEESE	\$5.25
нам,	CHEESE & TOMATO	\$5.25
SANDWICHES		
CHEE	SE (V)	\$3.10
НАМ		\$3.55
TUNA		\$3.50
CHICH	(EN	\$3.95
EGG P	LAIN OR CURRIED (V)	\$3.60
SALAI	O (V,VG,GF)	\$3.55
VEGE	MITE (V)	\$2.50
EXTRAS		
SALAI	C (LETTUCE, TOMATO & CARROT) (V,VG,GF)	\$1.60
AVOC	ADO (V,VG,GF)	\$1.10
CHEE	SE (V)	\$1.10
EGG	(V)	\$1.10
	SALAD PLATES	
	R SALAD (V,VG,GF)	
(AVOCADO, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, CAPSICUM & RED ONION)		\$6.50
ADD	HAM, TUNA CHICKEN, EGG OR CHEESE	\$2.20
SEAS	DNAL FRUIT SALAD (V,VG,GF)	\$5.50