

## LUNCH ORDERS CAN BE PLACED IN TWO WAYS

- 1 LUNCH BAG – FILL OUT A LUNCH BAG AND PAY AT THE CANTEEN OR PLACE LUNCH BAG AND MONEY IN THE CLASSROOM LUNCH BASKET. IF CHANGE IS REQUIRED, IT WILL BE RETURNED WITH THE LUNCH ORDER.**
- 2 GO ON-LINE ALL ON-LINE ORDERS \*MUST BE PLACED BY 8.30AM**

OPEN  
TUESDAY AND THURSDAY  
FOR RECESS AND LUNCH



## HOW TO GET STARTED

- 1** GO TO [WWW.QUICKCLIQ.COM.AU](http://WWW.QUICKCLIQ.COM.AU)
- 2** SIGN UP
- 3** 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

- 1** SELECT CHILD
- 2** SELECT DATE
- 3** ADD MEAL ITEMS
- 4** CONFIRM ORDER



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 RED ITEMS. 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.



## LUNCH

THURSDAY AND TUESDAY	PIZZA SINGLE (BACON & CHEESE)	\$3.70
	MRS MAC'S GOOD EATING SAUSAGE ROLL	\$3.60
	MRS MAC'S GOOD EATING BEEF PIE	\$4.00
	HOT DOG	\$3.80
	ARANCINI	\$1.90
	ARANCINI 3 SERVE	\$5.50
	PASTA BOLOGNAISE	\$5.00
	MACARONI CHEESE	\$5.00
	FRIED RICE	\$5.00
	SUSHI 5 PIECE CHICKEN OR TUNA	\$7.50
TOMATO SAUCE PORTION	0.65c	

### DAILY SPECIALS

HOMEMADE CHICKEN CUTLET BURGER WITH LETTUCE AND MAYONNAISE	\$6.95
OLA BURGER WITH SALAD, CHEESE, TOMATO SAUCE	\$5.95

### TOASTED SANDWICHES

CHEESE	\$3.70
HAM & CHEESE	\$4.70
CHEESE & TOMATO	\$4.70
CHICKEN & CHEESE	\$5.00
HAM, CHEESE & TOMATO	\$5.00

### SANDWICHES

CHEESE	\$3.00
HAM	\$3.50
TUNA	\$3.50
CHICKEN	\$3.90
EGG PLAIN OR CURRIED	\$3.50
SALAD	\$3.50
VEGEMITE	\$2.50

### EXTRAS

SALAD (LETTUCE, TOMATO & CARROT)	\$1.50
AVOCADO	\$1.00
CHEESE	\$1.00
EGG	\$1.00

### SALAD PLATES

SUPER SALAD (AVOCADO, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, CAPSICUM & RED ONION)	\$6.00
ADD HAM, TUNA CHICKEN, EGG OR CHEESE	\$2.00
SEASONAL FRUIT SALAD	\$5.00

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

## RECESS

HOMEMADE CHOC CHIP COOKIE	0.65c
CHICKEN NUGGET	0.85c
FRESHLY MADE JELLY (VARIOUS FLAVOURS)	\$1.20
PARTY PIE	\$1.40
CHEESIE	\$1.60
VEGEMITE SCROLL	\$1.50
CHEESE SCROLL	\$1.50
HAM & CHEESE POCKETS	\$2.20
HOMEMADE MUFFIN	\$1.70
SNAPS	\$1.60
APPLE SLINKY	\$1.50
VEGGIE CUP	\$2.00

## DRINKS & ICE CREAMS

BOTTLED WATER	\$2.00
ASSORTED JUICE BOX	\$2.30
CHOCOLATE OR STRAWBERRY MILK 300ML	\$3.00
CHILL J SPARKLING FRUIT DRINK	\$2.50
MOOSIES	\$2.40
LEMONADE OR RASPBERRY ICY POLE	\$2.00
CYCLONE	\$3.00
PADDLE POP (VARIOUS)	\$2.50
QUELCH FRUIT STICK	0.80c
MINI CALIPPO	\$2.00
ICE CREAM CUP (VANILLA)	\$1.60

