

LUNCH ORDERS CAN BE PLACED IN TWO WAYS

- 1** 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 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
- 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



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. 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	70c
CHICKEN NUGGET	90c
HASHBROWNS	85c
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	80c
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.



TUESDAY AND THURSDAY LUNCH	PIZZA SINGLE (BACON & CHEESE)	\$3.80
	MRS MAC’S GOOD EATING SAUSAGE ROLL	\$3.70
	MRS MAC’S GOOD EATING BEEF PIE	\$4.20
	SPINACH AND FETTA QUICHE (V)	\$5.00
	HOT DOG	\$3.90
	ARANCINI (V)	\$1.95
	ARANCINI 3 SERVE (V)	\$5.60
	PASTA BOLOGNAISE	\$5.00
	MACARONI CHEESE	\$5.00
	BUTTER CHICKEN (GF)	\$5.50
	SUSHI 5 PIECE CHICKEN OR TUNA	\$7.95
	TOMATO SAUCE PORTION	70c
	HOMEMADE CHICKEN CUTLET BURGER WITH LETTUCE AND KEWPIE MAYONNAISE	\$7.00
	OLA BURGER WITH SALAD, CHEESE, TOMATO SAUCE	\$6.00

TOASTED SANDWICHES

CHEESE (V)	\$3.75
HAM & CHEESE	\$4.80
CHEESE & TOMATO (V)	\$4.80
CHICKEN & CHEESE	\$5.25
HAM, CHEESE & TOMATO	\$5.25

SANDWICHES

CHEESE (V)	\$3.10
HAM	\$3.55
TUNA	\$3.50
CHICKEN	\$3.95
EGG PLAIN OR CURRIED (V)	\$3.60
SALAD (V,VG,GF)	\$3.55
VEGEMITE (V)	\$2.50

EXTRAS

SALAD (LETTUCE, TOMATO & CARROT) (V,VG,GF)	\$1.60
AVOCADO (V,VG,GF)	\$1.10
CHEESE (V)	\$1.10
EGG (V)	\$1.10

SALAD PLATES

SUPER SALAD (V,VG,GF) (AVOCADO, LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, CAPSICUM & RED ONION)	\$6.50
ADD HAM, TUNA CHICKEN, EGG OR CHEESE	\$2.20
SEASONAL FRUIT SALAD (V,VG,GF)	\$5.50