

Eat Well at Hartwell PS

Winter Term 3 2017

Good Food Shop Menu

'Encouraging good food choices'

The Good Food Shop opens each **Wednesday** and **Friday** for recess (over the counter sales) and lunch (orders) during term.

How to place a lunch order: We encourage all families to use the Qkr app in the first instance. Instructions on how to download the app are attached or visit our website for more information. Alternatively please write your **Child's Name, Grade** and **Order** with **Prices** on the front of a paper bag, insert **correct cash** (if possible) please **specify amount of change** if required (**Please do NOT use sticky tape or staples**) and send to school to be handed to the class teacher.

ALLERGIES: If your child has a food allergy please write their allergy **BOLDLY** on the order.

RECESS ONLY:		
Only available over the counter at Morning Tea (not available on Qkr)		
SNACK ITEMS		
GF	Rice Cracker (ea) - order 1 or more	\$ 0.10
GF	Hotshot Popcorn	\$ 0.50
	Choc Chip Cookie	\$ 0.50
	Cookie Combo - vanilla yoghurt with a crumbled choc chip cookie	\$ 2.00
	Steamed Dim Sim	\$ 1.50
	May's Muffin with mixed berries -made onsite and served warm	\$ 1.20
	Hot Chocolate - may contain soy & wheat	\$ 2.00
	Red Rock Deli Chips/Piranha Vege Chips	\$ 1.20
V & GF	Hommus & Crackers - hommus with rice crackers	\$ 2.00

RECESS & LUNCH:		
Over the counter at RECESS or with a Lunch Order (collected from the GFS window at the start of LUNCH)		
FROZENS & FRUIT & DRINKS		
GF	UFO - frozen pineapple ring	\$ 0.80
GF	"Tasman Bay Juicy Tube"	\$ 1.50
GF	Bulla Fruit and Yoghurt Stick	\$ 1.50
GF	Fresh Orange Wedges	\$ 2.00
GF	Crazy Apple - fresh apple spiral cut	\$ 2.00
	100% Juice - apple, apple/b'crt, orange or tropical	\$ 2.00
	Nippy's Milk - chocolate or strawberry	\$ 2.20

LUNCH ORDER ONLY:		
Only available as a Lunch Order		
TOASTIES, ROLLS & WRAPS		
V	Toasted Cheesy Sandwich	\$ 3.30
	Toasted Cheesy Ham Sandwich	\$ 3.80
	Toasted Cheese & Bacon Roll * Half Roll \$2.00 or Toastie + 30c	\$ 3.80
	Toasted Cheesy Quesadilla (tortilla wrap)	\$ 3.50
	Toasted Cheesy Ham Quesadilla (tortilla wrap)	\$ 4.00
	Falafel Wrap - wrap with vegetarian falafel, hommus, lettuce, tomato and cucumber (+GF Falafel Salad Tub \$ 5.00) * Half wrap \$ 3.00	\$ 5.00
	Chicken Tandoori Wrap - wrap with tandoori chicken, yoghurt, lettuce and cucumber *Half wrap \$ 3.00	\$ 5.00

LUNCH ORDER ONLY:		
Only available as a Lunch Order		
HOT TUCKER		
V & GF	Juicy Corn-on-the-Cob	\$ 1.20
	Party Pie - (brushed with Egg - limit 3)	\$ 1.50
	Puppy Dog - chipolata sausage in a w'meal dinner roll with sauce	\$ 2.00
	Cottage Pie -topped with mashed potato	\$ 5.20
	Beef Lasagne	\$ 4.00
V	Napoli Pasta - pasta spirals with napoli sauce sprinkled with grated cheese	\$ 4.00
	Mini Lamb Burger - lamb burger in a w'meal dinner roll with cheese, lettuce, tomato and tomato sauce	\$ 3.00

Key: GF = Gluten-free option V = Vegetarian option

ASIAN FOODS		
SUSHI ROLLS - 2 per pack		
V	Vegetarian - GF if discard 'fish' soy sauce	\$ 6.00
	Teriyaki Chicken - Not GF, contains soy bean oil	\$ 6.00
	Cooked Tuna - GF if discard 'fish' soy sauce (contains EGG)	\$ 6.00
V	Vegetarian Gyoza - 4 x Japanese Dumplings with chinese cabbage, carrot, radish, spring onion and garlic	\$ 6.00
V & GF	** Veggie Fried Rice - 400g - rice, carrots, peas, sweet corn, egg, onion, spring onion, sesame seeds, GF soy sauce	\$ 6.00

Hartwell Primary School is **Allergy Aware** but please note there may be traces of nuts in some products. Please consider volunteering to help in the Tuckshop - Adult helpers are always welcome. Your assistance will be greatly appreciated. Even 30 minutes of your time is a help. Please contact Catriona McCraw on 0402 097 000 for further information.