

BREAD (online only)

Wholemeal Sandwich, Wrap or Turkish roll

- Cheese \$2.50 (V) ☺
- Heart smart ham \$3.80
- Heart smart ham & cheese \$4.50
- Heart smart ham, cheese & tomato \$4.80
- Heart smart ham & salad \$4.80
- Roast chicken \$3.80 ☺
- Roast chicken, cheese & mayo \$4.50 ♯ ☺
- Roast chicken, lettuce & mayo \$4.00 ♯ ☺
- Roast chicken & salad \$4.80 ♯ ☺
- Tuna & mayo \$3.80 ☺
- Tuna & salad \$4.80 ☺
- Egg and lettuce \$3.50 (V) ♯ ☺
- Salad sandwich \$3.50 (V) ♯ ☺

Extras: *Turkish roll \$1.20*

Avocado \$1.50

Soft Tortilla wrap \$1 Cheese 60c

*Salad: lettuce, carrot, tomato & cucumber

Toasties (low-fat cheese)

- Cheese \$3.50 ♯ ☺
- Baked beans and cheese \$3.50 ♯ ☺
- Fresh Chicken and cheese \$4.80 ♯ ☺
- Leg ham & cheese \$4.80 ☺

SALADS BOXES (online only)

- Heart Smart ham & pasta salad \$5.00 ☺
- Roast chicken & salad \$5.00 ♯ ☺

HOT LUNCH (online only)

All hot food is prepared in our canteen

- Cob of corn \$1.50 (V) ♯ ☺
- Homemade sausage roll – with 3 vegies sm \$2.00 lge \$4.00 ♯
- Penne pasta
 1. low-fat cheese sm \$3.00 med \$4.00 (V) ♯
 2. bolognaise with low-fat cheese sm \$3.50 med \$4.80 ♯ ☺
- Pizza – topped with homemade tomato sauce & mozzarella cheese (15cm)
 1. Margarita – cheese & sugo \$3.50 (V) ♯
 2. Hawaiian – ham & pineapple ½ \$3.00 or whole \$5.00
- Beef Meat Pie# low fat \$4.70 sauce pc 30c
- Garlic bread \$2.00 ♯ ☺

WEEKLY SPECIALS (online only)

THURSDAY

Chicken, egg & vegetable fried rice with low sodium soy sauce \$5.00 ♯ ☺ (GF)

FRIDAY

Chicken fillet burger served with mayonnaise, lettuce on a roll. \$5.50 ♯ ☺

BUY LOCAL

Please support our local suppliers:
Jabal Halal, Mediterranean Delight R Us,s,
Canberra Milk, IGA Farrer and
Woolworths (Mawson).

THIRST QUENCHERS

- Plain milk 300mls \$2.00
- Hot or cold milo 240ml \$2.00
- Fresh juice (99% juice) 200mls \$3.00
–apple or orange
- Oak flavoured milk (low fat) 300mls \$2.50 –chocolate or strawberry ☺
- Fresh banana & honey milkshake (skim) \$3.50 ☺
- Freshly made icy fruit smoothies – 200mls \$3.50 (Term 1 & 4 only)

RECESS & LUNCH SNACKS

We can slinky your apple for only 20c ☺

HEALTHY TREATS

- Fruit salad pots \$1.50 ☺ (GF)
- Apple slinky \$1.20 ☺ (GF)
- Fresh fruit packs \$1.20 ☺ (GF)
- Boiled egg \$1.20 ☺ (GF)
- Vegetable stick packs 50c ☺ (GF)
- Low-fat cheese & Rice Cracker pack \$1.20 ☺ (GF)
- Yoghurt & fruit pots \$2.50 (GF)
- Yoghurt & muesli pots \$2.50
- Deli pack – hummus, rice crackers, vegie sticks & low fat cheese \$4.00 ♯ ☺ (GF)

HOMEMADE TREATS

- Air popcorn 50c ☺ (GF)
- Fruit Bread – flavours vary \$1.50
- Homemade pikelet – butter & jam 50c ☺
- Fresh fruit muffins \$1.20
- Homemade slice \$1.20
- Rice pudding \$2.00 (GF)

CRUNCHY TREATS

- Gingerbread babies \$1.20
- Poppadum packs (2) 80c ☺
- Pretzels \$1.20

HOT TREATS

- Mini pizza muffins \$1.50
- Garlic bread \$2.00 ♯ ☺
- Mini meat pies \$2.00
- Penne pasta bolognaise \$3.50 ♯
- Sausage rolls sm \$2.00 ♯

*Please note over the counter
snacks vary day to day.*

FROZEN TREATS

- Pineapple rings 50c ☺
- Orange quarters (2) 50c ☺
- Juice cups (99% juice) \$1.00
–apple or orange
- Milo cups (skim) \$1.00 ☺
- Paddle pops (skim) \$2.00
–chocolate or rainbow
- Twisted frozen yoghurt (skim) \$2.50
–chocolate and vanilla bean
–raspberry and coconut
–mango and watermelon

A laminated voucher will be included with your lunch order. It must be presented for redemption. Go directly to the canteen door, there is no need to queue!

HOURS

- Wednesday to Friday
- 8.30am to 2.30pm
- Lunch (11–12) and Recess (1.30–2)

ONLINE ORDERING

www.school24.com.au

Canteen Staff

*Marnie Boreham-Smith
& Gemma Spain*

Ph 6205 7919 (canteen days only)

Email thekidskitchenfarrer@gmail.com

Our canteen is operated by the Farrer School Community Association (P&C).

Farrer School Community Assoc. (P&C)

Email farrerpandc@gmail.com

Green food choices ☺

Halal ♯

Vegetarian (V)

Gluten free (GF)

Purchased #



**Accredited
National Healthy
School Canteen
2016 & 2017**

Ordering Lunch

1. ONLINE ORDERING

All online lunch orders must be placed by **8.30am** on Wednesday, Thursday and Friday mornings. Lunch will be delivered that morning.

- You are able to order from the whole menu plus the special section!
- Any orders placed after this time you may risk your child not receiving their lunch.
- ALL RECESS purchases are available from the Canteen counter only.
- Please note that we will always endeavor to fill your child/children's lunch orders. However, in the event that an item is unavailable, we will substitute with a similar item.

www.school24.com.au

2. COUNTER MENU

Buy your lunch over the counter from Lunch & Recess snacks menu. Thirst quenchers and frozen treats are also available.

Canteen Philosophy

The Kids' Kitchen is committed to providing healthy home-made food at a reasonable price. While school canteens are increasingly operated as privately owned small business we are run by the P and C (Farrer School Community Association) – which means it's all about great food for our kids. It's wonderful to have support from our community.

Dietary Needs

If you have any special dietary requirements please contact us and we will aim to assist.

School 24

It's easy to register online with school24. The website is user friendly and to create your account all you require from us is our school ID **25128963**.

www.school24.com.au

Topping up your account

1. **Cash** – the 'Canteen/Uniform Shop Tin' is located in the front office. Funds will be credited to your account within two days.
2. **Direct debit transfer** – funds will be credited to your account within 2 working days. Once the payment appears on our online bank statement, the canteen manager will approved the funds.
3. **Credit card** – You can pay using your credit card (fee's apply), and your account is topped up instantly!

Fees

1. Pay per transaction – 25 cents
2. Credit card top up attracts a process fee (PayPal) 1.5% plus 30 cents.
3. 10 cents for paper bag and printed lunch sticker.

Cancelling Online Orders

If your child is sick or unable to attend school you can cancel your order **online before 8.30am**. After this time you need to call the canteen directly to cancel the order **by 9am at the latest** or you will be charged.

Environment Centre

Where possible we endeavour to use fresh produce from our environment centre or our own canteen garden. Farrer is very fortunate to have such an amazing opportunity in utilise home grown produce.

Ingredient Donations

To help our canteen breakeven we need your help!

A way to help is to donate ingredients we use every day. This keeps us open and parents who are not able to volunteer can help in this way.

E.g. plain or SR flour (brown); sugar (white or brown); jasmine or risotto rice; penne pasta; baking powder; popping corn; rolled oats; olive or canola oil; eggs (free range preferred), vanilla essence; muffin liners; paper napkins.

Volunteers and Feedback

Volunteers are crucial to produce fresh nutritious food at a reasonable price for the students. You can volunteer for half an hour, an hour or half a day! Once a week, term or year! YOU are always welcome and always appreciated!

Oh, and our students love seeing their mum/dad/grandparent behind the counter at lunch! You can contact us via email or pop in and say hi!

*If your time is limited we always need help
Wednesday to Friday
from 9am-11am.
hope to see you soon.*

**Thank you for
supporting our
healthy menu**