

Open: Monday – Friday 8.30am – 1.30pm

★ Indicates Gluten Free GF

Subject to change without notice

To place an order:

Visit: www.ouronlinecanteen.com.au
(strict cut-off time of 9am).

(Orders may be placed in advance of date required).

What do I do if I need help?

If you are experiencing any issues, just call Our Online Canteen experienced team support line on 1300 11 66 37 from 7.00am or email info@ouronlinecanteen.com.au

Our menu follows the State Government Smart Choices Program encouraging healthy foods to improve the nutritional quality for children. Foods listed on the menu fall into the green (have plenty) and amber (select carefully) categories. Red foods (have occasionally) are not listed on the menu.

Counter sales are available at 2nd break (after 2nd bell) ONLY and include: chips, iceblocks, drinks etc. Before school purchases include: fruit, water and yoghurt. Years 4, 5 & 6 may also purchase at 1st break every FRIDAY.

SALADS \$

Salad Tub	5.00
Lettuce, tomato, corn, carrot, beetroot & cucumber.	
add Cheese	add 0.50
add Boiled Egg ★	add 0.60
add Ham	add 1.00
add Chicken	add 1.50
add Tuna	add 1.50

SANDWICHES \$

Sandwiches and Toasties are buttered & made to order using one slice of white and one slice of wholemeal bread.
Rolls are 60c extra.

Vegemite	1.50
Honey	1.50
Jam	1.50
Vegemite and Cheese	2.70
Cheese	2.70
Egg	2.70
Egg & Lettuce	3.00
Tuna	3.30
Ham	3.30
Chicken	3.30
Chicken, Lettuce & Mayo	4.00
Salad (Lett, Tom, Carrot, Cuc, Beetroot)	4.00
Ham & Cheese	3.80
Chicken & Cheese	3.80
Ham, Cheese & Tomato	4.20
Chicken, Cheese & Tomato	4.20
Salad & Cheese	4.50
Chicken & Salad	4.50
Ham & Salad	4.50
Ham, Salad & Cheese	5.00
Chicken, Salad & Cheese	5.00



TOASTIES \$

Cheese	3.20
Cheese & Vegemite	3.20
Ham	3.80
Chicken	3.80
Ham & Cheese	4.30
Chicken & Cheese	4.30
Ham, Cheese & Tomato	4.70
Chicken, Cheese & Tomato	4.70

Volunteers always welcome!

FRUIT & VEGETABLES \$

Carrot Sticks ★	0.60
Sticks & Dip (Carrot sticks & Dip) ★	1.40
Kiwi Fruit ★	0.80
Cherry Tomatoes ★	0.80
Banana ★	1.40
Grapes (frozen) ★	1.50
Peaches (in juice) ★	1.70
Pears (in juice) ★	1.70
Apple Slinkie (peeled, cored, sliced) ★	1.40
Orange HALF (cut into wedges) ★	0.70
Orange WHOLE (cut into wedges) ★	1.40
Orange WEDGE (frozen) ★	0.50
Watermelon ★	2.00
Rockmelon ★	2.00

DRINKS \$

Water 390ml ★	1.00
Water 600ml ★	1.50
Milk (Vanilla, Choc or Strawberry)	1.60
Up & Go	1.70
Slush Puppie	2.00
Quench 350ml	1.60
Juice (Apple, Orange, ABC)	1.50

COLD SWEET TREATS \$

Paddle Pop (Rainbow or Chocolate)	1.50
Zooper Dooper ★	0.50
Zooper Dooper SOUR ★	0.50
Jelly & Custard	1.20
Custard Cup ★	1.50
Smooze ★	1.20
Calippo ★	1.00
Lemonade Icy Twist ★	1.30
Frozen Yoghurt (Choc, S/berry) ★	2.00
Vanilla Ice Cream Tub ★	1.50



DAILY SPECIALS \$

WEDNESDAY & FRIDAY - 1st Break ONLY

Sushi Roll	2.50
Soy Sauce	0.10

Flavours include:

Avocado, Tuna, BBQ Beef,
Teriyaki Chicken or Crispy Chicken*.

HOT FOOD \$

Cob of Corn ★	1.30
Slams (Mini Party Pies)	2.50
Sausage Roll	2.90
Meat Pie	3.50
Chicken & Gravy Roll	3.50
Cheerio Cup (3/serve) ★	1.60
Chicken Nuggets (3/serve)	1.60
Hot Dog NO sauce	2.80
Hot Dog tomato or BBQ sauce	2.80
Hot Dog tomato/BBQ sauce & cheese	3.10
Pasta Bolognese	4.50
GF Pasta Bolognese ★	5.00
Butter Chicken Rice ★	4.50
Chicken Burger	3.90
Chicken Burger (with Salad and Cheese)	5.50
Cheeseburger	3.90
Hamburger (with Salad and Cheese)	5.50



SAUCES \$

Sweet 'n Sour Sauce ★	0.30
Tomato Sauce ★	0.30
BBQ Sauce	0.30
Soy Sauce	0.10

SNACKS \$

Pikelets (plain)	1.50
Pikelets (with jam and butter)	1.70
Popcorn ★	0.70
Boiled Egg ★	0.60
Jatz 'n Cheese	1.00
Yoghurt ★	1.00
Red Rock Chips	1.20
Chocolate Muffin	1.50
Muesli Bars (yoghurt topped)	1.00



Wondall Heights State School Tuckshop

Our Tuckshop is a service organised for children and staff by the P&C Committee of our school. It is open Monday to Friday 8.30am to 1.30pm and is located near the arena. Our menu follows the State Government Smart Choices Program which encourages healthy foods to improve the nutritional quality for our children. Foods listed on the menu fall into both the green (have plenty) and amber (select carefully) categories. Red foods (have occasionally) are not listed on the menu and are only offered on special occasions throughout the year.

The Tuckshop operates with the support of volunteer parents and grandparents. This enables us to offer a balanced menu at reasonable prices. We require an ongoing reliable roster of volunteers who can work at least one day a month. To say thank-you our volunteers are offered a free meal and tea/coffee on their rostered day. New volunteers are always welcome. Please call in and collect a volunteer form from the Tuckshop if you can assist.

We offer a range of healthy food which you can pre-order online. The menu is available online or a copy can be collected from the Tuckshop. Counter sales are also available at 2nd break each day and 1st break on Fridays for years 4, 5 & 6. Counter before school purchases include: fruit, water, Up & Go and yoghurt.

To place an order:

Visit: www.ouronlinecanteen.com.au
(strict cut-off time of 9am).

How to get started:

- Visit www.ouronlinecanteen.com.au
- Sign up by completing the registration form (sign-up is free).
- Receive a confirmation email with an activation link.
- Activate your account then login to the website.
- Create a student profile for each of your children. For 'room' use your child's class (eg. 1A, 3C, 4/5E etc.)
- Add credit to your account.
- Order using the green **MEAL ORDER** tab (top left of screen).
- Order at your convenience in 4 easy steps (select child, select date, select meals, confirm order).
- Cut-off time is strictly 9am. Orders may also be placed in advance.



Some items are unable to be sent to the classroom (such as Jelly/Custard, Iceblocks, Slush Puppie's etc.) These items will be highlighted on each bag. Students must return to Tuckshop with their bag to collect their food. Please remind your child of this process.

Please refer to the school newsletter for menu changes, special meal deals or new foods that may be introduced. Thanks for your co-operation and support. For any enquiries please contact the Tuckshop direct on 3906 6412.

During Interschool Sports PLEASE REMEMBER all students in years 4, 5 & 6 MUST ORDER AT FIRST BREAK ONLY as these students will not be on site for 2nd break.