

PALMYRA PRIMARY CANTEEN MENU

TERM 1 2024

SANDWICHES & WRAPS

Sandwiches from \$3.50
Choose from **Vegemite, Cheese, Ham, Chicken, Egg, Avocado, Salad** (lettuce, carrot, cucumber, tomato) on Wholemeal Bread. (*Extras-Mayo, Beetroot*)
Allergens-Wheat, Milk (Butter, Cheese), Egg and Soy (Mayo)
Gluten Free Bread, Dairy Free Spread Available

Wraps from \$5.50
Choose from **Cheese, Ham, Chicken, Tuna, Egg, Avocado** with **Salad** (lettuce, carrot, tomato, cucumber) on a soft white wrap. (*Extras-Mayo, Beetroot*)

Half-size Wrap \$4.00

Create your own small wrap from max of 4 fillings
Allergens-Wheat, Gluten, Milk (Cheese), Egg (mayo), Soy (Mayo)

Toasted Sandwiches from \$4.00

Choose from **Cheese, Vegemite, Ham, Chicken, Tuna, Avocado, Mayo, Tomato** on Wholemeal Bread
Allergens-Wheat, Milk (Butter, Cheese), Egg and Soy (Mayo)
Gluten Free Bread, Dairy free Spread, Lactose Free or Vegan Cheese Available

PICNIC PACKS & SALADS

Monday and Wednesday Only

Munchy Crunchy \$5.50
Crackers, Cheese, Popcorn, Fruit & Veggie Sticks, Brownie
Gluten Free Available

Traditional \$5.50

Sandwich, Popcorn, Fruit & Veggie Sticks, Brownie
Allergens-Wheat, Milk, Egg

Garden Salad Bowl from \$7.50

Lettuce, Tomato, Cucumber, Carrot, Cheese, Beetroot, Capsicum, Mayo, Corn Chips
Optional add-ons: **Chicken, Tuna, Egg, Avocado**
Allergens-Milk (Cheese), Egg & Soy (Mayo)

PALLY PASTA MEALS

Homemade Bolognese or Mac & Cheese

Small \$4.00, Large \$5.50

Allergens-Wheat, Milk
Gluten Free Available

MONDAY LUNCH SPECIALS

Beef Burger \$6.50
Homemade Patty, Cheese, Salad, Sauce

Cheeseburger \$6.00
Homemade Beef Patty, Cheese, Sauce

Allergens-Wheat, Milk (Cheese), Egg (Patty, Mayo), Soy (Mayo)

WEDNESDAY LUNCH SPECIALS

Mini Chicken Tender Wrap \$4.50
Crumbed Chicken Tender, Lettuce, Cheese, Mayo
Allergens-Wheat, Milk, Soy, Egg (Mayo)

Pally Pizza \$4.50- \$5.50
Choose from **Margarita, Aussie** (Ham, Cheese), **Hawaiian, BBQ Chicken & Cheese**
Allergens-Wheat, Milk
Gluten Free Pizza Base, Lactose Free Cheese available

FRIDAY LUNCH SPECIALS

Sushi \$6.50 - \$7.50
Teriyaki Chicken, Cooked Tuna, Salmon, Avocado
Allergens-Soy, Egg (Mayo)

Sausage Sizzle \$4.50
Allergens-Wheat//*Gluten Free Available*

Homemade Sausage Rolls \$5.00
Allergens-Wheat, Milk, Egg

Party Pies 2 Pack \$4.40 3 Pack \$5.60
Allergens-Wheat, Milk, may contain Egg and Soy

Butter Chicken & Rice \$7.50
Allergens-Milk

COLD DRINKS

Browne's Flavoured Milk \$3.00
Choc, Strawberry, Banana

Juice Box \$2.50
Tropical, Apple/Blackcurrant, Apple

**Important Allergen Information-please be aware that while all care is taken in preparing our allergen free options, we cannot guarantee the absence of traces of allergens in our food items.*

MORNING RECESS ITEMS (YEARS 1 – 6 ONLY)

Wednesday and Friday Only. Menu will vary.
Order online or limited over counter sales.

Cheesie \$1.00

Pita Pizza \$1.20

Garlic Toast *GF Available* \$0.50
Allergens-Wheat, Milk

Choc Zucchini Brownie *GF Available* \$1.50
Allergens-Wheat, Milk, Eggs

Homemade Potato Wedges \$1.50

Fresh Fruit Cup \$2.00

Watermelon Slice \$1.20

FRESH EXTRAS

Carrot Sticks \$1.00

Apple Slinky \$1.50

Fruit Salad \$3.00

Fruit Salad & Yoghurt \$3.50
Allergens-Milk (Yoghurt)

Fruit and Veggie items available for Crunch & Sip.
Please see Quickcliq to order. Years 1 – 6 only.

ICECREAMS (YEARS 1 – 6 ONLY)

Homemade Pally Pop \$1.00
Allergens-Some will contain Milk

Quelch Frozen Fruit Stick \$1.00

To place an order and for full menu, including any variations, extra specials, and ingredient/allergen information please go to www.quickcliq.com.au. Please order by **8am** on the day required. Pre-order sushi by **Thursday 8am** to avoid missing out. Over-counter sales are CASH ONLY. Please contact us if you have any queries or concerns.

Telephone: 08 6436 0113