

PALMYRA PRIMARY CANTEEN WINTER MENU

TERMS 2/3 2024

EVERYDAY ITEMS

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

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)

WINTER WARMERS (Not All Available Everyday)

Soup of the Day \$5.50
Pasta Bolognese Small \$4.00, Large \$5.50
Allergens-Wheat//*Gluten Free Available*
Mac & Cheese \$5.50
Allergens-Wheat, Milk
Apple Crumble & Custard \$5.00
Allergens-Wheat, Milk//*Gluten/Dairy Free Available*

COLD DRINKS

Brownes Flavoured Milk \$3.00
Juice Box \$2.50

MONDAY LUNCH SPECIALS

Fish & Chips \$5.50
Crumbed Fish with Homemade Chips. Optional Salad
Allergens-Wheat, Fish//*Gluten Free Available*
Jacket Potato \$5.00 - \$6.00
Oven-Baked Potato with choice of Cheese or Mexican Beans, Sour Cream and Corn Chips
Allergens-Milk (Cheese, Sour Cream)//*Dairy or Lactose Free available*

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-Wheat, Soy, Egg (Mayo)//*Tuna Sushi is GF*
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-Dairy

We sometimes do extra Daily Specials.
Please see Quickcliq for details.

**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

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.
Years 1 – 6, Monday/Wednesday 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. Counter sales are CASH ONLY. Please contact us if you have any queries or concerns.
Telephone: 08 6436 0113