Lunch orders can be placed in two ways.

1. **Lunch Bag** – Fill out a Lunch Bag and pay at the canteen OR place lunch bag and money in the classroom lunch basket. If change is required it will be returned with the lunch order.

2. **Go on-line** – all on-line orders MUST BE PLACED BY 8.30AM

### How to get started

2. Sign up
3. Receive confirmation email
4. Log onto website
5. Select St Columbas – Bayswater and enter your child/ren
6. Add credit and order meal

Ordering is as easy as 1-2-3-4

1. Select child
2. Select date
3. Add meal items
4. Confirm order

Children in years 1 to 6 can also purchase a small selection of ice-creams and slushies at lunchtime.

**Note:** Credit accounts are no longer available.

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Volunteers – We need your help!

The St Columba’s Canteen is a non for profit canteen which without the help of parents and caregivers would not be so successful. Our Canteen Manager, Sheryl requires AT LEAST one extra pair of hands each day to ensure everyone eats on time.

The peak busy times are 9am – 10.30am and 11.30am – 1pm. **Any amount of help is greatly appreciated.**

There are two ways to volunteer

**ONE** Online via www.ouronlinecanteen.com.au and clicking on ‘Volunteering’.

**TWO** With Sheryl directly by visiting her at the canteen or phone the canteen direct line 9208 2710.

Reminder SMS or email will be sent. If you are unable to fulfil your commitment please contact the office or Sheryl on 9208 2710 ASAP or alternatively find someone to cover your shift.

**Volunteering facts**

It is worth taking a day off work to volunteer (including Dads) – the smile on your child’s face will be priceless and you can have the afternoon off to relax before picking the kids up. Get a babysitter and have some grown up conversation and a coffee with Sheryl! And remember grandparents, aunts, uncles and grown up siblings make great canteen helpers too!
Our Canteen is an integral part of the St Columba’s community providing healthy and affordable meals for the students and staff of the school.

We are a member of the School Canteen Association of WA and aim to deliver a healthy menu which exceeds minimum standards. We follow the ‘traffic light’ system and offer at least 60% or more green foods on the menu and absolutely no red items.

This is reassuring for the busy parent who wants a break for making lunches!

St Columba’s canteen also follows the schools allergy guidelines with a strict NO NUTS rule. The canteen is also mindful of the increase in allergies in children and will endeavour to have a lunch item suitable for everyone.

**Recess**

**Monday, Wednesday and Friday**

- Chocolate Yogo $2.00
- Brownes Yoghurt – Strawberry, Mango or Vanilla flavours $2.00
- Sliced Fruit – Apples and/or oranges plus seasonal fruit if available $1.20
- Half a White or Wholemeal Roll – Vegemite, Jam, Sprinkles, Butter $1.00
- Grainwaves – Sour Cream and Chives $1.50
- Koala Popcorn – Lightly Salted or Chicken (Gluten Free) $1.50

**Specials**

- Potato Rosti – 12 per serve MONDAY ONLY $2.20
- Muffins WEDNESDAY ONLY $2.20
- Vegetable Spring Rolls – With Sweet Chili Dipping Sauce FRIDAY ONLY $2.20
- Kindy/Pre–Primary only
  - Mini Munchkin Recess Combo 1 $2.20
  - Sliced Apple or Orange and Half a Vegemite, Sprinkle, Jam or Butter Roll
  - Mini Munchkin Recess Combo 2 $3.20
  - Sliced Apple or Orange and a Chocolate Yogo

**Drinks & Icecreams**

**Drinks**

- LOL $2.25
- Choc Chill 300ml $2.20
- Orange C 300ml $1.80
- Juice Box – 100% fruit juice $1.20
- Bottled Water $2.50

**Icecreams (Years 1-6 only)**

- Quelch Icy Pole – 99% Fruit Juice $0.60
- Vanilla Icecream Bucket $1.20
- Paddle Pop, Fandangle (when available) $1.20
- Slushies – Made with 99% Fruit Juice $2.50

**Lunch**

**MONDAY, WEDNESDAY AND FRIDAY**

- **Salad Box 1** – Lettuce, Tomato, Cucumber, Carrot and Cheese $4.00
- **Salad Box 2** – Lettuce, Tomato, Cucumber, Carrot and Cheese and Freshly Sliced Ham, Chicken or Egg $5.00
- **Stuffed Baked Potato** with Baked Beans OR Ham and Cheese $4.00
- **Cup of Noodles** (Water Drained, Low Salt) $3.00
- **Soup (Winter Only)** – Pumpkin with Blended Vegetables and a Roll $4.00
- **Fresh Sandwich** – TipTop ‘The One’ White or Wholemeal Bread
  - Cheese, Ham, Chicken, Egg or Tuna $3.50
  - Vegemite $2.00
  - ADD Cheese, Tomato or Upgrade to Roll or Wrap (each) $0.50
  - ADD Salad (Carrot, Lettuce, Cucumber, Tomato) $1.00
- **Toasties** – Cheese, Tomato, Ham, Chicken, Vegemite
  - 1 Filling $4.00
  - 2 fillings $4.50
  - 3 fillings $4.75
- **Sushi** – Tuna, Chicken Teriyaki or Californian (Spcs) $5.00

**Specials**

- **MONDAY**
  - Chicken Tender Roll – Sweet Chilli Chicken Tender with Lettuce, Tomato, Cucumber and Mayonnaise $4.50
  - Mrs Mac’s Good Eating Pies and Sausage Rolls (Low Fat, Low Salt, Lean Meat, Low GI)
    - Pie $3.80
    - Party Pie $1.50
    - Sausage Roll $3.00
    - Potato Topped Party Pie $1.50
    - + Sauce $0.40
- **TUESDAY**
  - Burgers – Including Carrot, Lettuce, Cucumber, Tomato and Cheese
    - Hamburger $5.00
    - Chicken $5.00
    - Vegetarian $5.00
  - **Pizza** – Ham and Cheese $3.60
- **WEDNESDAY**
  - Meatballs and Salad – Lettuce, Tomato, Carrot and Cucumber $5.00
  - Mrs Milonas’ Homemade Pasta – Bolognese with Corn on the Cob $5.00
- **FRIDAY**
  - Nachos – Corn Chips, Mild Salsa and Cheese $4.10
  - 4 Chicken Nuggets $3.00
  - 6 Chicken Nuggets $4.00
  - 4 Fish Fingers $3.00
  - 6 Fish Fingers $4.00
  - **Corn on the Cob** $1.00
  - Add salad – Lettuce, Tomato, Carrot, Cucumber $1.00

**Add on options**

- Add salad – Lettuce, Tomato, Carrot, Cucumber $1.00

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