



## Mount Barker High School would like to introduce our new canteen supplier: Rory's School Lunches



### About Rory's School Lunches

Rory's School Lunches is a local based Catering and Canteen Management Company who provide excellent and extensive "healthy choice" food offerings to numerous schools across South Australia.

Rory's School Lunches believes all students deserve healthy and nutritious food to support their growth and learning. That's why we employ a team of qualified chefs to prepare fresh, delicious and healthy meals.

### Made with Fresh Ingredients

Because our food is delivered daily, we don't need to use harmful preservatives to extend its shelf life. We cook the traditional way, taking advantage of fresh herbs and spices to boost the flavour of our food.

### Cater for Fussy Eaters

Some students can be fussy about eating healthy foods so we incorporate them into our dishes. For example, our Napolitana sauce is packed full of veggies blended into a delicious sauce so students don't notice them.

### Variety

Our menus are updated to keep them exciting for students and to encourage them to try a range of food. There are some popular items students love so we always keep them on the menu.

Ordering lunch can be fun and a learning experience for students, so as well as our healthy meals we offer a few treats for special occasions.

### Convenient

Parents, enjoy a day off preparing the school lunches guilt-free because Rory's School Lunches are fresh, healthy and affordable.

### Lunch Purchases

There are two ways students can purchase lunch.

The first way will be to place an online lunch order via the QKR app (details attached) or drop into the canteen before school and place an order directly with the canteen before 8.30am. The canteen will be open from 8am each morning. Students that place lunch orders will be able to order from the menu that is available on QKR, the Rory's website at [www.rorys.com.au](http://www.rorys.com.au) or from the menu in the canteen.

The second way is senior students can come directly to the canteen at recess and lunch and purchase from a great selection of hot and cold foods from the displays. Some of the hot and cold foods you can expect to see daily are; fresh baguettes, salads and wraps, hot pasta, curries and stir-fries, toasted wraps and yiros, toasted subs, burgers, hotdogs and many other specialty dishes. The canteen will also stock a range of drinks, ice blocks and snack items. Full EFTPOS facilities are available in the canteen.

### Menus

2019 Menus can be found on the Rory's School Lunches Website [www.rorys.com.au](http://www.rorys.com.au), the QKR app and the school website by 14 January 2019. These menus are closely based off of our 2018 offerings, so for examples of pricing and menu items please jump on our website.

### Further Information

Further information on Rory's School Lunches can be found at [www.rorys.com.au](http://www.rorys.com.au). We also encourage you to join our newsletter as well as our face book page [www.facebook.com/rorysschoollunches](http://www.facebook.com/rorysschoollunches) for service updates. For specialised information please contact Rory directly on 0434 420 563 or [rory@rorys.com.au](mailto:rory@rorys.com.au).

***Rory's School Lunches is extremely excited to be working with your community, and we look forward to a successful relationship with the school, students and broader community.***