



CANTEEN MENU 2023

About our Canteen

Our Canteen runs to the standards set by the NSW Healthy School Canteen Association and strives to always provide your child/ren with fresh and healthy food options and keeping in mind the dietary needs of families.

Opening Hours

The school canteen is open on Mondays, Wednesdays, Thursdays and Fridays only.

How to Order

Flexischools online is our preferred method for ordering from the school canteen. Go to <http://www.flexischools.com.au/> and follow the prompts. A link to Flexischools is available on the school app and school website. Lunches may still be ordered through the classroom lunch tray system. Please print name, class and order clearly on a clean, paper lunch bag. Correct money would be appreciated. Recess orders should be written on a separate bag. If a lunch bag is needed it will be supplied for 10 cents. Due to health and safety regulations food brought from home cannot be heated in the Canteen. Children are not permitted inside the Canteen.

Volunteers Welcome

Volunteers are always needed and appreciated. Please contact the canteen manager if you are able to help between 9am and 1pm Mondays, Wednesdays, Thursdays or Fridays.

🟢 = every day healthier option

🌟 = occasional option

RECESS

freshly made daily on premises

🌟 Garlic Bread	1.00
🟢 Pizza	1.30
🟢 Jelly (except Wednesdays)	1.20
🌟 Nachos	1.60
🟢 Popcorn	0.50
🟢 Pikelet with jam	0.70
🌟 Blueberry Muffins	1.70
🟢 Apple Spiral	1.20
🌟 Hash Brown	1.20
🟢 Quelch Stick	1.40
🟢 Half Quelch Stick	0.70
🟢 Frozen Pineapple	0.80
🟢 Milky Pop	0.60
🟢 Juice Pops	0.60

CHIPS

🌟 Sea Salt Chips	1.80
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LUNCH

Hot food

🌟 Sausage Roll (lite)	4.20
🌟 Party Pie (lite)	1.40
🟢 Spaghetti Bolognese (home made)	5.00
🌟 Pizza—Ham and Pineapple	3.50
🌟 Chicken Nuggets 6 for	4.00
🟢 Chicken Burger (plain on a roll)	4.50
🟢 Chicken Burger with Salad	5.50
🟢 Hot Chicken / Cheese Roll	5.00
🟢 Hot Chicken / Cheese Wrap	5.00
🟢 Beef Burger	5.50
🟢 Butter Chicken with Rice	5.00
🟢 Macaroni and Cheese	4.50

Frozen Items

🟢 Juicies	1.70
🌟 Moosies	2.20
🟢 Milky Pop (chocolate or strawberry)	0.60
🟢 Quelch Stick	1.40
🌟 Bulla Ice Cream Cup	1.60
🟢 Frozen Apple Juice	1.20



Sandwiches

(made on wholemeal bread)

🟢 Vegemite	2.50
🟢 Cheese	2.80
🟢 Salad	4.50
🟢 Ham	3.50
🟢 Ham and Salad	5.50
🟢 Chicken	3.50
🟢 Chicken and Salad	5.50
🟢 Rolls extra	0.80
🟢 Toast extra	0.30
🟢 Gluten Free Bread or Wrap extra	1.00
🟢 Wrap—Salad	5.00
🟢 Wrap—Chicken/Lettuce/Mayo	5.20
🟢 Wrap—Ham or Chicken and Salad	5.50
🟢 Fruit Salad	5.50
🟢 Salad Container—Chicken or Ham	5.00



DRINKS

🟢 Water	1.30
🟢 Juice (orange, tropical or apple)	1.50
🟢 Milk (chocolate or strawberry)	2.50
🟢 Slushie (99% fruit juice) (lunch only)	2:00

