



## CANTEEN MENU



## 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 12noon Mondays, Wednesdays, Thursdays or Fridays.

► = every day healthier option

✿ = occasional option

RECESS		LUNCH		Sandwiches (made on wholemeal bread)	
<b>freshly made daily on premises</b>		<b>Hot food</b>	\$		
✿ Garlic Bread	1.00	✿ Sausage Roll (lite)	4.80	► Vegemite	2.50
► Pizza	1.40	✿ Party Pie (lite)	1.50	► Cheese	3.00
► Jelly	1.20	► Spaghetti Bolognese (home made)	5.50	► Salad	5.00
✿ Nachos	1.60	✿ Pizza—Ham and Pineapple	4.00	► Ham	3.50
► Popcorn	0.50	✿ Chicken Nuggets 6 for	4.50	► Ham and Salad	6.00
► Pikelet with jam	0.80	✿ Chicken Nuggets 3 for	2.50	► Chicken	4.00
✿ Blueberry Muffins	1.70	► Chicken Burger (plain on a roll)	4.50	► Chicken and Salad	6.00
► Apple Spiral	1.20	► Chicken Burger with Salad	6.00	► Rolls extra	1.00
✿ Hash Brown	1.20	► Hot Chicken / Cheese Roll	5.50	► Toast extra	0.50
► Quelch Stick	1.20	► Hot Chicken / Cheese Wrap	5.50	► Gluten Free Bread or Wrap extra	1.00
► Half Quelch Stick	0.60	► Beef Burger	6.00	► Wrap—Salad	5.50
► Frozen Pineapple	0.80	► Butter Chicken with Rice	5.50	► Wrap— Chicken/Lettuce/Mayo	5.50
► Milky Pop	0.60	► Macaroni and Cheese	5.50	► Wrap— Ham or Chicken and Salad	6.50
► Juice Pops	0.60	✿ Meatball Sub WED ONLY	5.00	► Fruit Salad	6.00
<b>CHIPS</b>		✿ Meatball Sub with Cheese WED	6.00	► Salad Container— Chicken or Ham	6.00
✿ Sea Salt Chips	1.80	<b>Frozen Items</b>		<b>DRINKS</b>	
		► Juicies	1.70	► Water	 1.50
		✿ Moosies	2.20	► Juice (orange, tropical or apple)	1.50
		► Milky Pop (chocolate or strawberry)	0.60	► Milk (chocolate or strawberry)	2.50
		► Quelch Stick	1.20	► Slushie (99% fruit juice) (lunch only)	2.00
		✿ Bulla Ice Cream Cup	1.60		
		► Frozen Apple Juice	1.20		