



# CANTEEN MENU



www.Flexischools.com.au

**TERM 1 2021**

<u>CRUNCH &amp; SIP PACKS</u>	
YOGHURT, OATS & BERRY CUP & BOTTLE WATER	3.00
FRUIT & BOTTLE WATER	2.00

**LUNCH & RECESS MUST BE PRE ORDERED**  
**VIA FLEXISCHOOLS ONLY**  
**BY 9am**

<u>SALAD OPTIONS</u>	
Salad Tub	5.00
Salad Tub Ham/ Chicken/ Tuna/ Salmon	6.00
Fruit Salad Tub Small	3.50
Fruit salad Tub Large	5.00



<u>Tuesday</u>	
Homemade Ham & Pineapple Pizza	2.50
<u>Wednesday</u>	
Tortilla Nachos	3.50
<u>Thursday</u>	
Pasta Bolognese	5.00



<u>SANDWICHES/ROLLS/WRAPPS</u>	<u>SANDWICH</u>	<u>ROLLS</u>	<u>WRAPS</u>
Salad ONLY	4.00	4.50	5.00
Ham/Chicken/Tuna/Salmon <b>ONLY</b>	3.50	4.00	4.00
Ham/Chicken/Tuna/Salmon & Salad	4.50	5.00	5.50
Chicken Lettuce & Mayo	4.50	5.00	5.50
Sweet Chilli Tender Chicken Salad	N/A	N/A	7.00
Egg/ Curried Egg & Lettuce	3.00	3.50	4.00
Cheese	2.20	2.50	2.50
Vegemite or Jam	2.00	2.20	2.20

**Extras 50c each** - Beetroot, P/apple, Corn, Egg



Tomato/ BBQ Sauce  
**30c**



<u>EVERYDAY</u>	
Chicken Yummy Drummy	1.40
Dino Nuggets (5)	3.30
<b>Gluten Free Nuggets (5)</b>	3.30
Fish Pieces (light crumb)	1.40
Chicken Burger	4.00
Sausage Roll	2.70
Party Pie	1.50
Meat Pie (275g)	3.50



**GLUTEN FREE BREAD OR WRAPS EXTRA \$1.00**

<u>TOASTED SANDWICHES</u>	
Cheese	2.20
Ham & Cheese	2.70
Ham, Cheese & Tomato	3.00

<u>FOCACCIA</u>	
Half Size	3.00
Full size	4.50

<u>Homemade HOT Damper Rolls</u>	
Garlic/ Cheese or Chilli Cheese Roll	1.30
Ham, Cheese & Pineapple Roll	1.60

<u>DRINKS</u>	
Water	1.00
Sparkling Water	2.50
Juice Bottle 250ml Apple/ABC/Orange	2.50
Just Juice Popper 200ml Apple/ABC/Orange	1.20
Plain Milk 300ml	1.20
Chocolate/ Strawberry Milk 300ml	2.20
Slushy	Half 1.00 Full 2.00



<u>TREATS</u>	
Muffins Assorted	1.00
Seasonal Fruit	1.00
Frozen Fruit Pieces	1.00
Quelch Juice Sticks	.70
Paddle Pop Chocolate/Rainbow	1.70
Lemonade Icy Twist	1.20
Juicies Tube (99% juice) -Assorted Flavours	1.00
Frozen Vanilla Yoghurt & Berries	2.50
Twisted Frozen Yoghurt Assorted Flavours	2.50 GF
Milk & Juice Cups 30g Assorted Flavours	.20
Assorted Chips	1.20
Freshly Made Popcorn	.50
Custard or Yoghurt Cups	.60





## CANTEEN PRICE LIST 2021

**Canteen Phone 0423 776 612**

**LUNCH & RECESS MUST BE PRE ORDERED VIA FLEXISCHOOLS ONLY BY 9.00 AM**



OUR SCHOOL HAS

**flexischools**

**ONLINE ORDERING**

Available in our Canteen 24/7  
Convenient for parents  
Removes paper orders and cash  
FREE Registration

Online ordering is more convenient for parents and more efficient for the school, providing a 24/7 ordering system that can be accessed from computer, tablet or mobile.

No more fumbling around for coins in the morning or sending kids to school with excess cash. Online orders are easier and faster giving parents peace of mind that their order is received accurately by the school.

Register at  
**flexischools.com.au**  
Registration is Free and only takes a few minutes.



**IF YOU ARE UNABLE TO CANCEL YOUR FLEXISCHOOLS ORDER PLEASE CALL THE CANTEEN SUPERVISOR**

**BEFORE 9.30am #0423 776 612**

**Orders can not be cancelled after 9.30am due to food already being prepared and/or cooked**

**For Further Information and Inquiries Regarding FLEXISCHOOLS**

**HELP DESK 1300 361 769 OR [www.flexischools.com.au](http://www.flexischools.com.au)**



**OUR SCHOOL CANTEEN HAPPILY WELCOMES**

**GRANDPARENTS, PARENTS & CARERS**

**VOLUNTEERS WILL NEED WWCC & PRINCIPAL APPROVAL TO**

**VOLUNTEER AT**

**CANTEEN**

**PLEASE CONTACT CANTEEN SUPERVISOR FOR FURTHER INFORMATION**

*TWPS P&C Canteen follows the guidelines of The NSW Department of Education & The NSW Ministry of Health "Revised Healthy School Canteen Strategy"*