

CANTEEN MENU Flexischools

TERM 1 2021

CRUNCH & SIP PACKS

YOGHURT, OATS & BERRY CUP & BOTTLE WATER 3.00

FRUIT & BOTTLE WATER 2.00 www.Flexischools.com.au

LUNCH & RECESS MUST BE PRE ORDERED

VIA FLEXISCHOOLS ONLY

BY 9am

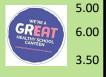
SALAD OPTIONS

Salad Tub

Salad Tub Ham/ Chicken/ Tuna/ Salmon

Fruit Salad Tub Small

Fruit salad Tub Large



5.00

Tuesday

Homemade Ham & Pineapple Pizza

Wednesday

Tortilla Nachos Thursday

Pasta Bolognaise



3.50

2.50

5.00

SANDWICHES/ROLLS/WRAPS	<u>SANDWICH</u>	<u>ROLLS</u>	WRAPS
Salad ONLY	4.00	4.50	5.00
Ham/Chicken/Tuna/Salmon ONLY	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
	Gluten Free Nuggets (5)	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

TOASTED SANDWICHES	
Cheese	2.20
Ham & Cheese	2.70
Ham, Cheese & Tomato	3.00

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

1.00

2.50

1.20

1.20

Homemade HOT Damper Rolls

Garlic/ Cheese or Chilli Cheese Roll 1.30 Ham, Cheese & Pineapple Roll 1.60

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Sparkling Water 2.50

Juice Bottle 250ml Apple/ABC/Orange

Just Juice Popper 200ml Apple/ABC/Orange

Plain Milk 300ml

Water

Chocolate/ Strawberry Milk 300ml 2.20

Slushy Half 1.00 Full 2.00

TREATS

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	Muffins Assorted	1.00	
	Seasonal Fruit	1.00	
	Frozen Fruit Pieces	1.00	
	Quelch Juice Sticks	.70	
	Paddle Pop Chocolate/Rainbow		
	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 Custard or Yoghurt Cups	.50 .60	
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LUNCH & RECESS MUST BE PRE ORDERED VIA FLEXISCHOOLS ONLY BY 9.00 AM

OUR SCHOOL HAS

*Iflexischools*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.



flexischools.com.au

Registration is Free and only takes a few minutes.





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 361769 OR www.flexischools.com.au



OUR SCHOOL CANTEEN HAPPILY WELCOMES

GRANDPARENTS, PARENTS & CARERS

VOLUNTEERS WILL NEED WWCC & PRINCIPAL APPROVAL TO

CANTEEN

VOLUNTEER AT

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"