



ARAWANG PRIMARY SCHOOL CANTEEN MENU (2020)



Opening hours Wednesday – Friday 8.45am to 1.30pm

Canteen Manager: Victoria Town - 6142 0661

Healthy Food and Drink Choices



RED – Limited nutrients – Try to avoid

AMBER – Moderate nutrients – Eat Less

GREEN – Healthy – Eat Lots

Food codes:

GF – Gluten Free **V** – Vegetarian **HM** – Made at Canteen

Flexischools – it's the easiest way to order!

Order online at flexischools.com.au or use the app



Ordering deadline for cash sales is 9.30am

How to complete Paper Bags for cash sales

- ✓ Add your child's name
- ✓ Add your child's class
- ✓ **Add an extra 10 cents** for the paper bag

Hot food



Must be pre-ordered

●	Pizza (HM) (GF available) 2 slices Pizza base, tomato paste and cheese - with topping choices of chicken, vegetarian, plain cheese or ham Wednesday only	\$4.00
●	Wedges Seasoned potato wedges with your choice of tomato, BBQ or sweet chilli sauce Thursday only	\$4.00
●	Sticky Chicken Drumsticks (HM) (GF) Marinated & baked chicken drumsticks, 2 pieces Thursday only	\$4.00
●	Chicken Burger Bread roll, crumbed chicken, lettuce and low fat mayonnaise Friday only	\$5.00
●	Hamburger Roll, homemade beef patty, lettuce and tomato sauce Friday only	\$5.00
●	Cheeseburger Roll, homemade beef patty, tasty cheese, lettuce & tomato sauce Friday only	\$5.00
●	Gozleme (HM) (GF available) Toasted wrap with low fat Danish style feta and baby spinach	\$2.00 for ½ \$4.00 for 1
●	Macaroni & Cheese (HM) (V) (200 grams) Made with low fat cheese, bechamel sauce and macaroni	\$4.00

Hot food continued

Must be pre-ordered

●	Pasta Bolognese (HM) Beef bolognese sauce and pasta	\$4.50
●	Meat pie (HM) Filled with slow cooked chuck steak (beef) and veggies	\$3.70 plain \$4.00 with sauce
●	Sausage roll (HM) Sausage mince (beef), lean beef mince and some veggies	\$3.70 plain \$4.00 with sauce
●	Cheesy Melt (HM) (V) Toasted half English muffin with low fat melted cheese	\$1.00
●	Chicken Tender Wrap (HM) (GF available). Wrap with crumbed chicken tender strip, lettuce and low fat mayonnaise	\$4.00
●	Falafel Wrap (HM) (V) (GF available). Wrap with falafel, hummus, lettuce and tomato	\$4.00
●	Chicken Nuggets (GF) Wednesday only	\$1.60 for 2 \$3.20 for 4 \$4.80 for 6



Salad

Must be pre-ordered



●	Rainbow Salad Tub (HM) (V) (GF) Lettuce, tomato, carrot, cucumber and beetroot Add protein for \$1 extra	\$3.00
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Sandwiches

\$3.00

Must be pre-ordered



Choose Bread and Condiments:

<input type="radio"/>	Wholemeal Bread
<input type="radio"/>	Wholemeal Roll
<input type="radio"/>	Gluten Free Bread
<input type="radio"/>	Dairy Spread
<input type="radio"/>	Mayonnaise
<input type="radio"/>	Tomato Relish
<input type="checkbox"/>	Toasted

Choose Fillings:

<input type="radio"/>	Vegemite
<input type="radio"/>	Cheese
<input type="radio"/>	Ham
<input type="radio"/>	Tuna
<input type="radio"/>	Baked Beans
<input type="radio"/>	Egg
<input type="radio"/>	Curried Egg
<input type="radio"/>	Chicken
<input type="radio"/>	Salad: Lettuce, Tomato, Carrot, Cucumber, Beetroot



Drinks – always available

<input type="radio"/>	Spring Water	\$1.00
<input type="radio"/>	Plain Milk 300ml	\$2.00
<input type="radio"/>	Organic Juice 200ml Orange, Apple or Apple & Mango	\$2.00
<input type="radio"/>	Chocolate or Strawberry Milk 300ml	\$2.50
<input type="radio"/>	Glee Sparkling Fruit Juice 250ml Black Currant or Tropical	\$2.00
<input type="radio"/>	Warm Milo (soy or regular milk)	\$1.00
<input type="radio"/>	Hot Choccie (soy or regular milk)	\$3.00



Frozen Treats – always available

<input type="radio"/>	Icy bite (V) (GF)	\$0.80
<input type="radio"/>	Twisted Frozen Yoghurt (V) 85ml Mango Watermelon or Strawberry Vanilla	\$2.50
<input type="radio"/>	Vanilla Dixie Cup (V) (GF) 100ml (Term 1 and 4 only)	\$1.00

Snacks – always available



<input type="radio"/>	Pinwheel (HM) (V) (GF) 2 Rice cakes with dairy spread and vegemite	\$0.50
<input type="radio"/>	Bunny bag (V) (GF) Carrot & celery sticks	FREE
<input type="radio"/>	Hummus tub (V) (GF) Order with a bunny bag to dip	\$0.50
<input type="radio"/>	Popcorn (HM) (V) (GF)	\$0.20 small \$0.50 large
<input type="radio"/>	Cheese & Crackers (V) (GF) Tasty cheese & rice crackers	\$1.00
<input type="radio"/>	Pikelet (HM) (V) With or without dairy spread	\$0.50
<input type="radio"/>	Survival pack (HM) (V) (GF) Popcorn & dried fruit	\$1.50
<input type="radio"/>	Muffin (HM) (V) Banana, Blueberry or Raspberry Coconut	\$1.00
<input type="radio"/>	Raisin toast (V) 1 slice w dairy spread	\$1.00
<input type="radio"/>	Fruit salad & custard (V) (GF)	\$2.00
<input type="radio"/>	Yoghurt Muesli Berry Swirl (HM) (V)	\$2.00
<input type="radio"/>	Mini bites (V) (GF) Original, Salt & Vinegar, Cheese or Chicken	\$0.50



Would you like to help out in the canteen?

Please contact Victoria, our Canteen Manager.

We appreciate any help you can provide!