

# ARAWANG PRIMARY SCHOOL CANTEEN

## MENU & PRICE LIST TERM 1 2017

Open Wednesday Thursday Friday 9 am - 2 pm

Canteen Manager – Vicki Nairn

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### DAILY HOT FOOD SPECIALS *Orders only - on days indicated*

#### WEDNESDAY - Pizza (HM) & Wedges

- vege ● chicken ● cheese ● ham 3.00
- Wedges (plain or tomato/sweet chilli/BBQ sauce) 3.00

#### THURSDAY - Toasted Tasty Tortilla (HM)

- Chicken (salsa/spinach/cheese) 4.00
- Vegetarian (carrot/salsa/spinach/cheese) 4.00

#### FRIDAY - Burgers

- Hamburger (HM) (beef patty, lettuce, tomato) 5.00
- Cheeseburger (HM) (beef patty, cheese) 5.00
- Vegeburger (V) (lettuce & mayo) 5.00
- Chicken Burger (lettuce & mayo) 5.00
- Fish Burger (lettuce & mayo) 5.00



### EVERYDAY HOT FOOD *Orders only*

- |                                 |  |
|---------------------------------|--|
| ● Spaghetti Bolognese (HM) 4.00 | ● Cheesy Melt (HM) (toasted half muffin/cheese) 1.00 |
| ● Fried Rice (V) 4.00           | ● Chicken Tender Wrap (lettuce/mayo) 4.00            |
| ● Macaroni and Cheese 4.00      | ● Falafel Wrap (V) (lettuce/tomato/hummus) 4.00      |
| ● Party Pies 1.50               | ● Chicken Nuggets (GF) .60                           |
| ● Sausage Roll 2.70             | ● Sauce sachet (tomato/BBQ) .30                      |

### SANDWICHES OR WRAPS - *Orders only Specify: Sandwich, roll or wrap or gluten free bread*

#### Main Filling

- Vegemite 1.50
- Cheese 2.50
- Baked Beans 2.50
- Egg (plain or curried) 3.00
- Chicken 3.00
- Tuna 3.00
- Ham 3.00
- Salad (lettuce, tomato, carrot, cucumber, beetroot) 4.00

#### Additional Fillings

- Cheese .50
- Tomato .50
- Lettuce .50
- Carrot .50
- Cucumber .50
- Beetroot .50
- Egg 1.00
- Salad (lettuce, tomato, carrot, cucumber, beetroot) 2.00



#### Condiments

- Low fat mayonnaise .30
- Sauce – Tomato, BBQ .30
- Toasting .50

#### Popular combos

- |                     |      |
|---------------------|------|
| Cheese & tomato     | 3.00 |
| Ham & cheese        | 3.50 |
| Tuna, lettuce, mayo | 3.80 |
| Egg & lettuce       | 3.50 |
| Ham/chicken & salad | 5.00 |

### DRINKS - *Orders and Counter Sales Lunch/Recess*

- Spring Water .50
- Plain Milk 1.50
- Flavoured Milk (chocolate/strawberry) 2.00
- Juice Popper (apple/orange) 2.00
- Lite Soy Milk Cup 1.00
- Warm Milo Cup (*orders only - collect on day of order*) 1.00

### FROZEN TREATS - *Orders and Counter Sales Lunch/Recess*

- Orange Smileys (frozen orange wedges) .50
- Icy Bite (various flavours) .80
- Eskimo cup (frozen fruit salad) 1.00
- Milk cold cups (milo/strawberry/banana) 1.00
- Frozen Yoghurt (GF) (strawberry/mango) 2.50



### HEALTHY SNACKS *Orders and Counter Sales Lunch/Recess*

- Bunny Bag (sticks of carrot/celery) (V) (GF) .00
- Popcorn (HM) (GF) .50
- Cheese & Crackers (GF) (cheese, rice crackers) .50
- Pikelet (HM) plain/margarine .50
- Pinwheel rice cakes (margarine/vegemite) .50
- Hummus tub (V) .50
- Fresh Fruit (apple/orange/banana) .80
- Kids Survival Pack (popcorn, dried fruit) 1.00
- Muffins (HM) (banana/blueberry) 1.00

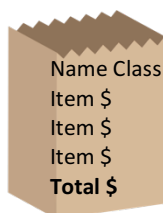


### HEALTHY SNACKS *Orders only*

- Fruit Salad & Custard (*collect on day of order*) 1.50
- Yoghurt Muesli Berry Swirl (*collect on day of order*) 1.50
- Raisin Toast with margarine 1.00

### FRESH SALAD *Orders only*

- Rainbow Salad Tub / (GF) (V) (all salad) 3.00
- Salad Extras
  - Cheese .50
  - Chicken ● Tuna ● Egg ● Ham 1.00



#### Paper Bags .10

Please

- ✓ write your order with the opening of the bag at the top.
- ✓ Include your child's class
- ✓ use a dark colour pen
- ✓ enclose correct change

**ONLINE ORDERING** - We prefer online ordering. Go to [www.flexischools.com.au](http://www.flexischools.com.au) to set up an account. Online only specials available!!

**CASH ORDERS** - Please use correct change if possible. Orders on paper or envelopes incur a 10c bag fee.

**ORDERS ARE FOR LUNCH (1.00 PM). IF YOU WOULD LIKE A SNACK FOR YOUR CHILD AT RECESS (10.50 AM) PLEASE SPECIFY.**

Food codes: **GF** = Gluten Free **V** = Vegetarian **HM** = Made at Canteen

Menu traffic light system. ● Green – eat plenty ● Amber – eat less. ● Red - these foods are not sold in the canteen.