

ARAWANG PRIMARY SCHOOL CANTEEN MENU TERM 3 2023

Opening hours Wednesday – Friday 9.00am to 1.30pm

Daily Specials

Must be ordered online

	Wednesday Special	
	Pizza - Pizza base, HM tomato sauce and choice of: Cheese Chicken, Pineapple, Cheese Chicken, Cheese Ham, Pineapple, Cheese Ham, Cheese	\$5.00
	Thursday Special	
	Burgers: Chicken or Beef	\$5.50
	Add Cheese	\$0.50
	Friday Special	
•	Weekly Special available on Flexischools only	
	Toasties Available Daily	From
	Selected from ingredients below.	\$3.30

Sandwiches & Wraps Fresh From \$3.00

Must be ordered online

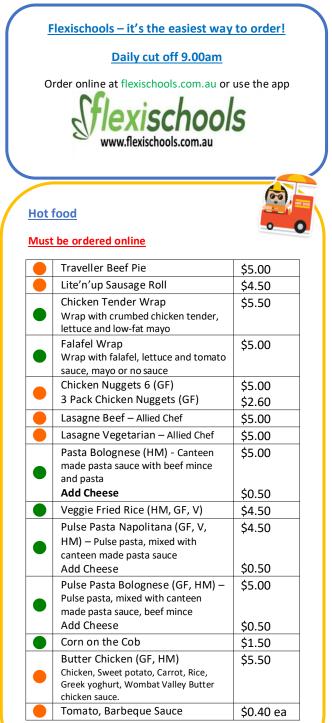
Choose Bread and Condiments:Add extraImage: Wholemeal BreadImage: Wholemeal BreadImage: Gluten Free Bread\$1.00Image: Dairy SpreadImage: Dairy SpreadImage: MayonnaiseImage: SpreadImage: Wrap\$0.50

Choose Fillings:

- 0-	
Vegemite	\$0.30
Cheese	\$0.50
Tuna	\$1.20
Baked Beans	\$1.20
Egg	\$1.20
Ham (Salt Reduced)	\$1.20
Chicken	\$1.20
Lettuce, Tomato, Carrot,	\$0.50 ea
Cucumber, Beetroot, Corn	

Canteen Managers: Will and Kelly PH: 6142 0661

Email: arawangpandccanteen@gmail.com



<u>Frozen Treats – always available</u>

Quelch Sticks	\$0.80
Twisted Frozen Yoghurt (GF)	\$2.80
Frozen Juice Cup	\$1.50
Frozen Fruit Pieces	\$1.50



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Snacks

Cheese & Crackers - Mainland	\$2.50
Bunny Bag - Veggie sticks	Free
(HM,GF) (Online Only)	
Poppin' Corn (HM) (GF)	\$1.00
Mini Berry Muffin	\$1.80
Milo Bar	\$1.50
Mini Bites (GF)	\$0.80
Sea Salt, Salt & Vinegar,	
Cheese, Chicken	
Custard Cup	\$1.50
Banana Bread – Mama Kaz	\$1.80
Fluffy Mousse (HM, GF)	\$2.00
Seasonal Fruit Piece	\$1.50

Super Salads

	Seasonal Fruit Salad	\$3.50
	Design Your Salad	\$4.00
	(Lettuce, Carrot,	
	Beetroot, Tomato,	
	Cucumber, Corn)	
Add	Cheese	\$0.50
	Chicken, Ham, Tuna, Egg	\$1.20 ea
	Chicken Tender	\$1.80
	Falafel Balls x 3	\$2.00

<u>Birthday Treats – Ordered 1 week in advance</u> via Flexischools Only.

Quelch Sticks x 15	\$10.00
Frozen Juice Cups x 15	\$20.00
Fluffy Mousse Cups x 15	\$22.50
Mini Berry Muffin x 15	\$22.00

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

Urini	<u>ks – always available</u>	hot
	Water	\$1.50
	Plain Milk 300ml	\$2.00
	Flavoured Milk 300ml Chocolate or Strawberry	\$3.00
	Up & Go 250ml Chocolate or Strawberry	\$2.20
	Juicee Crush 250ml Orange, Apple, Apple Blackcurrant	\$2.00
	Groove Drink 350ml	\$3.50

All orders MUST be made online via Flexischools. This service is available for second break only.

Sorry no cash orders accepted.

We appreciate your support.

This menu is a guide.

Items and prices are subject to <u>change.</u>

<u>All items are subject to availability</u> <u>- to avoid disappointment, please</u> <u>order online.</u>

Specials will be advertised via Flexischools.

Counter sales Available at first break

<u>The Canteen is always after</u> <u>Volunteers. If you are available</u> <u>between 9am and 1:30pm</u> <u>Wednesday to Friday. Please</u> <u>contact the canteen via email.</u>