



ARAWANG PRIMARY SCHOOL CANTEEN MENU TERM 3 2023



Opening hours Wednesday – Friday 9.00am to 1.30pm

Canteen Managers: Will and Kelly PH: 6142 0661

Email: arawangpandccanteen@gmail.com

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 Add Cheese | \$5.50 \$0.50 |
| | Friday Special | |
| ● | Weekly Special available on Flexischools only | |
| ● | Toasties Available Daily Selected from ingredients below. | From \$3.30 |

Flexischools – it's the easiest way to order!

Daily cut off 9.00am

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



Sandwiches & Wraps Fresh From \$3.00



Must be ordered online

| Choose Bread and Condiments: | Add extra |
|------------------------------|-----------|
| ● Wholemeal Bread | |
| ● Gluten Free Bread | \$1.00 |
| ● Dairy Spread | |
| ● Mayonnaise | |
| ● Wrap | \$0.50 |

Choose Fillings:

| | |
|---|-----------|
| ● 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, Cucumber, Beetroot, Corn | \$0.50 ea |

Hot food



Must be ordered online

| | |
|--|-----------|
| ● Traveller Beef Pie | \$5.00 |
| ● Lite'n'up Sausage Roll | \$4.50 |
| ● Chicken Tender Wrap Wrap with crumbed chicken tender, lettuce and low-fat mayo | \$5.50 |
| ● Falafel Wrap Wrap with falafel, lettuce and tomato sauce, mayo or no sauce | \$5.00 |
| ● Chicken Nuggets 6 (GF) | \$5.00 |
| ● 3 Pack Chicken Nuggets (GF) | \$2.60 |
| ● Lasagne Beef – Allied Chef | \$5.00 |
| ● Lasagne Vegetarian – Allied Chef | \$5.00 |
| ● Pasta Bolognese (HM) - Canteen made pasta sauce with beef mince and pasta | \$5.00 |
| ● Add Cheese | \$0.50 |
| ● Veggie Fried Rice (HM, GF, V) | \$4.50 |
| ● Pulse Pasta Napolitana (GF, V, HM) – Pulse pasta, mixed with canteen made pasta sauce | \$4.50 |
| ● Add Cheese | \$0.50 |
| ● Pulse Pasta Bolognese (GF, HM) – Pulse pasta, mixed with canteen made pasta sauce, beef mince | \$5.00 |
| ● Add Cheese | \$0.50 |
| ● Corn on the Cob | \$1.50 |
| ● Butter Chicken (GF, HM) Chicken, Sweet potato, Carrot, Rice, Greek yoghurt, Wombat Valley Butter chicken sauce. | \$5.50 |
| ● Tomato, Barbeque Sauce | \$0.40 ea |

Frozen Treats – always available

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



Drinks – always available



| | | |
|---|--|--------|
| ● | 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 |

Super Salads

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

Birthday Treats – Ordered 1 week in advance 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

**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
change.**

**All items are subject to availability
- to avoid disappointment, please
order online.**

**Specials will be advertised via
Flexischools.**

**Counter sales Available at first
break**

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