



# ARAWANG PRIMARY SCHOOL CANTEEN MENU TERM 2 (2021)



Opening hours Wednesday – Friday 8.45am to 1.30pm

Canteen Manager: Will PH: 6142 0661 Email: [arawangpandccanteen@gmail.com](mailto:arawangpandccanteen@gmail.com)

## Daily Specials



**Must be ordered online**

Wednesday Special		
●	<b>Pizza</b> - Pizza base, HM Tomato sauce and choice of: <b>Cheese</b> Chicken, pineapple, cheese.	\$5.00
Thursday Special		
●	<b>Burgers</b> With Lettuce, Tomato Sauce or low-fat mayo <b>Chicken or Beef</b> Add Cheese	\$5.00 \$0.50
Friday Special		
Pre Order Thursday 12 noon.		
●	<b>Super Sushi – Big Crunch - Pre Order by 12 noon Thursday for Friday Lunch.</b> <b>Tuna &amp; Cucumber</b> <b>Chicken Teriyaki</b> <b>Veggie</b>	\$4.00 ea

**Flexischools – it's the easiest way to order!**

**Daily Cut off 8:30am**

Order online at [flexischools.com.au](http://flexischools.com.au) or use the app



## Hot food



**Must be ordered online**

●	Traveller Beef Pie	\$4.50
●	Aussie Sausage Roll	\$4.00
●	Chicken Tender Wrap Wrap with crumbed chicken tender, lettuce and low-fat mayo	\$5.00
●	Falafel Wrap Wrap with falafel, lettuce and tomato sauce, mayo or no Sauce	\$5.00
●	Chicken Nuggets 6 (GF)	\$5.00
	Lasagne Beef – Allied Chef	\$5.00
	Lasagne Vegetarian – Allied Chef	\$5.00
●	Pasta Bolognese - Canteen made pasta sauce with beef mince and pasta. Add cheese	\$4.50 \$0.50
●	Veggie Fried Rice (HM,GF)	\$4.50
●	Pulse Pasta Napolitana (GF, V, HM) – Pulse pasta, mixed with canteen made pasta sauce. Add Cheese	\$4.50 \$0.50
●	Tomato Sauce	\$0.40 ea

## Sandwiches & Wraps Fresh or Toasted From \$3.00



**Must be pre-ordered**

Choose Bread and Condiments: Add extra

●	Wholemeal Bread	
●	Gluten Free Bread	\$1.00
●	Dairy Spread	
●	Mayonnaise	
●	Wrap (wraps will not be toasted)	\$0.50
▨	Toasted	

Choose Fillings:

●	Vegemite	\$0.30
●	Cheese	\$0.50
●	Tuna	\$1.00
●	Baked Beans	\$1.00
●	Egg	\$1.00
●	Chicken	\$1.00
●	Lettuce, Tomato, Carrot, Cucumber, Beetroot, Corn, Capsicum.	\$0.50 ea

## Drinks – always available



●	Water	\$1.50
●	Plain Milk 300ml	\$2.00
●	Classic Milk 300ml Chocolate or Strawberry	\$3.00
●	Up & Go 250ml Chocolate or Strawberry	\$2.50
●	Just Juice 250ml Orange or Apple	\$2.00
●	Chill J Drink	\$3.00



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## Snacks

Cheese & Crackers - Mainland	\$2.50
Veggie sticks - Bunny Bag (GF)	Free
Poppin' Corn (HM) (GF)	\$1.00
Milo Bar	\$1.50
Mini Bites (GF) Original, Salt & Vinegar, Cheese or Chicken	\$1.00
Fruit Muffin (HM)	\$1.50
Jelly Cup (HM) 99% fruit juice	\$1.50
Jelly & Custard Cup (HM) 99% fruit juice	\$2.00
Custard Cup	\$1.50
Banana Bread	\$1.80
Fluffy Mousse	\$2.00



## Fresh Salad and Fruit.



### Must be pre-ordered

● Design your own salad (HM) (GF) Lettuce, tomato, carrot, cucumber, corn, capsicum, beetroot. <b>Add cheese, tuna, chicken.</b>	\$4.00 \$1.00ea
● Seasonal Fruit Salad	\$3.50
● Seasonal Fruit Piece	\$1.50



## Recess Hot Snacks

### Must be pre-ordered

Mini Chicken Tender wrap, Lett, Mayo	\$3.00
Cheesy Garlic Bread	\$1.50
English Muffin ½ topped with: Baked Beans and cheese Cheese	\$2.00

## Frozen Treats – always available

● Quelch Sticks	\$0.80
● Twisted Frozen Yoghurt (GF)	\$2.80
● Frozen Juice Cup	\$2.00
● Eskimo Fruit Snack – Frozen fruit pieces	\$2.00



## 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

## Birthday Treats – Ordered 1 week in advance via Flexischools Only.

Quelch Sticks x 15	\$10.00
Frozen Juice Cups x 15	\$22.50
Fluffy Mousse Cups x 15	\$22.50
Muffins x 15	\$22.50

## 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 \$0.10** for the paper bag



## CALLING ALL VOLUNTEERS

### Would you like to help out in the canteen?

Please contact our Canteen Manager **Will** - 6142 0661  
Or email [arawangpandccanteen@gmail.com](mailto:arawangpandccanteen@gmail.com)  
We appreciate your help and 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.