

Canteen Summer Menu 2019/2020



Available Wednesday, Thursday and Friday
Order online at www.flexischools.com.au or at the canteen
* **SUSHI** available Wednesday and Thursday

Morning Tea		\$
✓	Bread stick	0.10
✓	Watermelon slice	0.30
○	Freshly baked treat	0.80
✓	Orange quarters (4 pieces)	1.00
✓	Pizza Muffin (V)	1.00
○	Garlic bread	1.00
✓	Homemade sausage roll	1.00
✓	Smoothie – berry or banana	2.00

Drinks		\$
✓	Juice – Apple or Apple & Blackcurrant	1.00
✓	Water	1.00
✓	Oak flavoured milk – Strawberry, Chocolate or Plain	1.50
✓	Chill J – Raspberry, Grape or Blackcurrant	2.00

Chips		\$
✓	Koala Popcorn - plain	1.00
○	Grain Waves – sour cream & chives	1.50
○	Red Rock Deli – plain	1.50

Frozen		\$
✓	Frozen Seasonal Fruit	0.30
✓	Berri Quelch fruit stick	0.50
✓	Ice Mony – Chocolate milk or sour	0.80
○	Twisted frozen yoghurt – Chocolate/Vanilla or Watermelon/Mango	2.00

Salad		\$
✓	Rainbow salad bowl – lettuce, tomato, carrot & cucumber	2.00
	- add pineapple or corn	0.50
	- add ham, chicken or cheese	1.00
✓	Crunchy veggie sticks – cucumber & carrot	0.30

Sushi - Wednesday & Thursdays only		\$
✓	Sushi – Chicken teriyaki, avocado, tuna, cucumber or salmon avocado	3.50

Toasted Jaffles		\$
✓	Cheese	2.50
✓	Cheese & ham	3.50
✓	Cheese & pineapple	3.50
✓	Cheese & tuna	4.00
✓	Cheese & baked beans	3.50
✓	Cheese & spaghetti	3.50
✓	Ham, cheese & pineapple	4.00
✓	Ham, cheese & tomato	4.00
✓	Tuna	3.50
✓	Gluten free bread	1.00

* All jaffles made on wholemeal bread

Sandwiches - wholemeal bread		\$
✓	Vegemite	2.00
✓	Cheese	2.00
✓	Ham	3.00
✓	Chicken	3.00
✓	Tuna	3.00
✓	Salad	3.00
✓	Egg	3.00
✓	Extras – lettuce, cheese, tomato, grated carrot, beetroot or mayo	0.50
✓	Gluten free bread	1.00
✓	Wraps	0.50

Hot Food		\$
○	Garlic Bread	1.00
✓	Corn cob	1.00
○	Nuggets (4) *gluten free available	3.00
○	Snack pie – 90g	2.00
✓	Vegetarian lasagne	3.00
✓	Homemade pasta bolognese	3.00
○	Spinach & ricotta roll	2.50
○	Travellers pie – 160g	3.50
○	Chicken burger with lettuce & mayo	4.00
✓	Beef burger with cheese & tomato sauce	4.00
	*Extras – tomato, cucumber or beetroot	0.50
	*Sauce – tomato, BBQ or chilli	0.30
○	Chicken snack wrap – chicken patty with lettuce & mayo on a tortilla	4.00

✓ = Everyday foods
○ = Occasional foods

Canteen Information

ABOUT US

Our canteen is operated by our Supervisor and is assisted by our volunteer parents and grandparents as part of Berowra Public School's active P&C.

VOLUNTEERING WITH US

Our canteen is staffed by a group of wonderful volunteers who help us prepare healthy food and assist with serving at the canteen. If you would like to volunteer, please contact us. Most volunteers help once a month from 9.30am – 2.30pm.

OPENING HOURS

We are open Wednesday, Thursday and Friday for recess, lunch and over the counter sales.

EVERYDAY & OCCASIONAL FOOD OPTIONS

We are working towards the NSW Healthy School Canteen Strategy to provide a menu that's at least 3/4 everyday healthy options, and no more than 1/4 occasional food.

Go to www.healthyschoolcanteen.nsw.gov.au to find out more about these requirements.

Please note prices and menu items may vary from time to time.

ORDERING

Paper Bag: orders must be in by 9.15am. The bag must include the child's name, class, items ordered and the price.

Online: online ordering closes at 9.30am. We use a system called Flexi so you can order from home at your convenience. To setup your account go to www.flexischools.com.au

FORGOTTEN LUNCH

If your child is without their lunch the office will call the parent and a forgot lunch note will be completed. The invoice will be sent home with the child. Please pay within 7 days.

CONTACT US

Manager – Teresa

Mobile: 0402 855 941

Email: trmckenzie@aapt.net.au

