



Sandringham East PS Canteen – Wednesday & Friday

The school Canteen is open two days a week, Wednesdays and Fridays providing a varied selection of food and drink that is healthy, nutritious and enjoyable.

Bayside Canteens fully supports the Victorian Government Canteen Policy that promotes the National Healthy School Canteen Guidelines (NHSCG) which ensures all government schools offer a healthy canteen service to students and staff. All foods we prepare and sell are checked to make sure that they are either rated "Green" or "Amber" and as such, that we are providing healthy, fresh choices each school day at the Canteen.

The Canteen does not use nuts, products containing nuts, Peanut Butter or Nutella; however parents and students should be aware that there may be traces of nuts (as stated on ingredient listings) in other food products we sell.

Gluten Free Items

As more children have an intolerance to gluten the canteen now offers a few items gluten free. They are indicated on the menu as (GF) and include bread for sandwiches or jaffles, chicken tenders and a baked item. The canteen cannot guarantee a gluten free food environment.

Vegetarian and Egg Free Items

There are also a selection of foods on the menu which are vegetarian(V) and also egg free (EF) and indicated as such.

Lunch - Lunch orders are placed online through an account with flexischools (www.flexischools.com.au) and must be in before 9:00 am. Their lunch will then be sent to the class in the Lunch Order Bag at lunchtime. There is no need to supply a paper bag the canteen will do this.

Snacks "over the counter" items - Students can also come to the Canteen during recess and lunch to purchase bakery treats and snack foods.

At lunch they also collect the ordered frozen items on their lunch order bag.

Frozen Items - When frozen items are ordered on the Lunch Orders the child is to bring the lunch bag to the Canteen to redeem for the frozen item.

No reheating of food at the Canteen - Due to food safety and handling regulations, we are not able to heat any food brought from home at the Canteen.

Ingredient List - There is a folder in the office with a list of ingredients used in food the canteen serves. If you require more detailed information please let the office know and I will endeavour to source the information for you. The canteen is nut-free (excluding products label traces of nut may exist due to manufacturing).

Thank you Jo (canteen manager)

About The Canteen Menu

A LIST OF INGREDIENTS IN THE ITEMS IS AVAILABLE AT IN THE OFFICE.

Sandwiches and Jaffles

- TipTop wholemeal bread is used. If you would like TipTop white please indicate on order.
- Gourmet bread is Tip Top Original 9 Grain (please indicate)
- All toasted sandwiches have a little margarine spread on the outside (not inside)
- Mayonnaise is used on all sandwiches, with the exception of vegemite. Please indicate if you would like margarine or nothing.
- All tuna sandwiches are mixed with a small amount of mayonnaise (stops the tuna being so dry).
- The salad sandwich has 2 slices of cheese and a spread of mayonnaise on each slice of bread.
- Salad ingredients are generous in the amounts included in the sandwich (ie: about 4 slices tomato). The ingredients are grated carrot, cucumber, tomato, beetroot and lettuce.

Salads

- Salads are made fresh and include lettuce, tomato, grated carrot, continental cucumber slices and a slice of cheese. The French dressing is in a sachet.
- Beetroot is included only on request.
- Egg is halved for the salad and chicken is sliced.
- They come in a medium rectangle compositable container with lid and fork.

Fresh Fruit

- Fruit is served based on the Australian Dietary Guidelines serves of fruit. Each fresh fruit serve offered at the canteen counts as a piece of fruit. Remember 2 or more is the recommended amount to be eaten by primary school children each day.
- The fruit served is cold from the fridge.
- The fruit salad large diced fruit when necessary and served in disposable plastic container.
- Pineapple slice is a canned sliced pineapple ring frozen.

Hot Foods.

- Chicken nuggets are made from chicken breast and baked in the oven.
- Gluten Free Chicken Tenders are about the equivalent of 2 nuggets.
- All pastry foods meet the amber recommendations as stated in 'Healthy Together' Canteen regulations.
- Meat pies are the long version, which is easier to eat for children.
- Chicken burger has a little mayonnaise and lettuce.
- Corn cob is fresh corn not frozen and is about 8cm long.
- Baked potato comes with the choice of grated cheese or sour cream. They are served in a disposable container with a fork.

Drinks

- All drinks meet the recommendations as stated in Healthy Together Canteen regulations.
- Quench a sparkling flavoured mineral water with minimal sugar (less than 10% sugar per 100ml).

Bakery Treats

- Muffin or Biscuit and a Slice cooked fresh each morning will be available from the canteen at both recess and lunch-time. They will change each fortnight, check the newsletter. They will be healthy with minimal fat and low-fat dairy products used.

Snack Foods

- Popcorn is freshly popped with no extras (e.g.; butter, sugar, salt) added.
- Rice Bubble Slice is 'homemade' and contains no egg.

NUT-FREE CANTEEN

This canteen is nut-free. No nut products are used in the canteen. A complete ingredient listing of pre-prepared food is available in the office.

ORDERING LUNCHES- Online

www.flexischools.com.au is the online service you can use to order your children's lunches. Initially you are required to set up an account. One account per family this can then be used for all the children in the family. If you have any queries about it please call into the canteen or ring flexischools (1300 361769)

Thanks Jo Whitby (Bayside Canteens – info@baysidecanteens.com.au)

A menu with prices will be available at the beginning of the year

CANTEEN MENU

Sandwiches

All sandwiches are made on white bread unless requested (see extras)

- ◆ Ham
- ◆ Ham and cheese
- ◆ Ham and salad
- ◆ Egg and mayonnaise
- ◆ Egg and lettuce
- ◆ Curried Egg
- ◆ Tuna
- ◆ Tuna and lettuce
- ◆ Tuna and salad
- ◆ Roast chicken
- ◆ Roast chicken and lettuce
- ◆ Roast chicken and salad
- ◆ Salad (with the lot)
- ◆ Cheese
- ◆ Tomato
- ◆ Cheese and tomato
- ◆ Vegemite
- ◆ Vegemite and Cheese

EXTRAS:

- ◆ Wholemeal or Original Grain
- ◆ Wrap
- ◆ Roll
- ◆ Gluten Free Bread
- ◆ **Additional fillings**
 - lettuce, tomato, cucumber, each
 - grated carrot, beetroot each
 - cheese slice or boiled egg

Jaffles

- ◆ Ham and Cheese
- ◆ Ham, Cheese and Tomato
- ◆ Tuna and Cheese
- ◆ Cheese
- ◆ Cheese and Tomato
- ◆ Cheese and Vegemite
- ◆ Baked Beans
- ◆ Egg
- ◆ Apple & Cinnamon

Salad Boxes – all salads have lettuce, tomato, carrot, cucumber, capsicum, with a French Dressing)

- ◆ Garden Salad
- ◆ Egg Salad
- ◆ Ham Salad
- ◆ Tuna Salad
- ◆ Grilled Chicken Salad

Hot foods

- ◆ Spinach & Cheese Triangle (V) (EG)
- ◆ Tomato Arancini Ball (V)
- ◆ Pan Rolls (Beef or Vegetable)
- ◆ Chicken Nugget (breast) each
- ◆ Gluten Free Chicken Tenders (GF)
- ◆ Meat Pie
- ◆ Party Pie
- ◆ Sausage Roll
- ◆ Party Sausage Roll
- ◆ Margherita Pizza
- ◆ Chicken Burger
- ◆ Vegetarian Burger
- ◆ Tomato Sauce

- ◆ **Wednesdays ONLY** – Lasagne

- ◆ Fresh Corn Cob (**TERM1&4**)
- ◆ Hot Potato with either
grated cheese or sour cream (**TERM 2&3**)

Drinks

- ◆ Flavoured Milk –
strawberry, chocolate, honeycomb
- ◆ Quench Flavoured Mineral Water –
lime, apple/raspberry, cola, orange
- ◆ Just Juice Fruit Drink – orange, paradise punch,
apple/blackcurrant, apple

Fresh Fruit

- Frozen Pineapple Slice
- 3 fruits Fresh Fruit Salad
- Seasonal Fruit: watermelon(term1&4), apple (term2&3)

Bakery Treats – cooked fresh

(recipe changes fortnightly, check newsletter)

- ◆ Muffin/Biscuit/Slice each 50¢
- ◆ Raisin toast & butter – 1 slice
- ◆ Gluten Free Muffin
- ◆ Popcorn

Frozen Treats

- ◆ Vanilla ice-cream cone
- ◆ Zooper Dooper
- ◆ Smooze Fruit Ice (GF) (EF)

Frozen Treats will be supplied at lunch time on presentation of lunch order bag