

# CANTEEN MENU 2021

# Wednesdays and Fridays

## Order your lunch online at [www.flexischools.com.au](http://www.flexischools.com.au)

### Sandwiches

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

- Ham \$3.50
- Ham and cheese \$4.00
- Ham and salad \$5.60
- Egg and mayonnaise \$2.10
- Egg and lettuce \$2.50
- Curried Egg \$2.10
- Tuna \$4.60
- Tuna and lettuce \$5.00
- Tuna and salad \$6.20
- Chicken \$5.00
- Chicken and lettuce \$5.50
- Chicken and salad \$7.00
- Salad (with the lot) \$4.00
- Cheese \$2.10
- Cheese and tomato \$2.50
- Vegemite \$1.60
- Vegemite and Cheese \$2.10
- **EXTRAS:**
- White no extra charge
- Original 9 Grain \$0.80
- Gluten Free Bread \$1.00
- Wrap \$1.00
- Roll \$0.80
- **Additional fillings**
- lettuce, tomato, cucumber, grated carrot, beetroot 50¢ each
- cheese slice or boiled egg 60¢each

### Jaffles/Toasted Sandwiches

- Ham and Cheese \$4.20
- Ham, Cheese and Tomato \$4.50
- Tuna and Cheese \$5.00
- Cheese \$2.60
- Cheese and Tomato \$3.00
- Cheese and Vegemite \$2.60
- Baked Beans \$3.60
- Egg \$2.60
- Apple & Cinnamon \$3.10

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

- Garden Salad \$5.00
- Egg Salad \$5.50
- Ham Salad \$6.00
- Tuna Salad \$7.00
- Chicken Salad \$7.00

### Hot foods

- ♦ Spinach & Cheese Triangle \$4.70
- ♦ Chicken Nugget (breast) each \$0.80
- ♦ Gluten Free Chicken Tender each \$2.10
- ♦ Arancini Ball – Rice & Tomato (GF) \$2.00
- ♦ Beef Pan Roll (Beef&Veg rolled in a crepe) 2 per pk \$3.00
- ♦ Folded Pizza – Cheese (Calzone) \$5.00
- ♦ Meat Pie \$5.00
- ♦ Party Pie \$1.50
- ♦ Sausage Roll \$3.60
- ♦ Party Sausage Roll \$1.50
- ♦ Chicken Burger \$4.20
- ♦ Vegetarian Burger \$4.20
- ♦ Tomato Sauce \$0.25
  
- ♦ **WEDNESDAYS ONLY** – Lasagne \$5.00
- Fresh Corn Cob (**TERM1&4**) \$2.50
- ♦ Hot Potato with either cheese or sour cream (**TERM 2&3**) \$5.00

### Drinks

- Flavoured Milk – strawberry, chocolate, honeycomb \$2.50
- ♦ Quench Flavoured Mineral Water – lime, apple/raspberry, cola, orange \$1.80
- ♦ Just Juice – orange, paradise punch, apple/blackcurrant, apple \$1.80

### Fresh Fruit

- 3 fruits Fresh Fruit Salad \$2.70
- Seasonal Fruit: watermelon(term1&4), apple (term2&3) \$0.70

### Bakery Treats – cooked fresh each day

(recipe changes fortnightly, check newsletter)

- ♦ Slice/Biscuit/Muffin 50¢ each
- ♦ Gluten Free Banana Muffin 90c each
- Raisin Toast & Butter – 1 slice \$1.00

### Healthy Snacks

- Carrot Discs and Hummus \$3.00
- Pappadams and Hummus \$3.00
- Cheese Cubes and Carrot Discs \$2.50
- Cheese Cubes and Pappadams \$2.50
- Popcorn \$1.00

*Food in the canteen is coloured coded in line with the Victorian Government Healthy Schools Policy. This is to enable your child to make healthy and informed choices about the food they eat.*

- Everyday Foods
- ♦ Select Carefully
- Occasional Foods

# About The Canteen Menu

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

### Sandwiches and Jaffles

- Wholemeal bread is used (please indicate if you would prefer white bread)
- Gourmet bread is a grain bread (please indicate and pay if you would like this)
- 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).
- Salad ingredients are generous in the amounts included in the sandwich (ie: about 4 slices tomato). The ingredients are cheese, 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 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 school children each day.
- The fruit served is cold from the fridge.
- The fruit salad is sliced or diced fruit when necessary and served in disposable plastic container.
- Pineapple slice is a canned sliced pineapple ring frozen.

### Hot Foods

- Chicken nuggets and Tenders are made from chicken breast and baked in the oven.
- 1 Chicken Tender equals approx. 2 nuggets.
- Arancini Balls are rice (risotto style) flavoured with sundried tomatoes. Rolled in gluten free crumbs and oven baked.
- Beef Pan Roll is a Crepe wrapped around a beef and vegetable filling with a mild seasoning. They come 2 per pack and would be equivalent to 2 party pies or party sausage rolls
- Folded Pizza is a pizza filled with cheese then folded in half. This stops the cheese sticking to the top of the pack.
- All pastry foods meet the amber recommendations as stated in 'Healthy Together' Canteen regulations.
- Meat pies are the long 'traveller' version, which is easier for children to eat.
- 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.
- Flavoured milk is low fat.
- Quench is minimal sugar (less than 10% sugar per 100ml) flavoured sparkling mineral water.

### Bakery Treats

Biscuit and a Slice will be available from the canteen cooked fresh each morning for lunch-time. The variety will be different 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.
- Hummus is served in a small container with the carrots or pappadams in a bag with the container.
- Cheese cubes are 1 serve of dairy and served in a bag with either the carrot or pappadams.

### 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](http://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 please call into the canteen or ring Flexischools (1300 361769).

Thanks Jo, Alina, & Jules