



# TOONGABBIE PUBLIC SCHOOL P&C ASSOCIATION

## 2019 CANTEEN MENU



UPDATED 1/7/2109

### SANDWICHES

CHOICE OF BREAD: White slice / Wholemeal slice / Wrap / Bread Roll

BUTTERED	\$ 1.00
JAM	\$ 1.20
VEGEMITE	\$ 1.20
CHEESE	\$ 1.50
TOMATO	\$ 1.50
CHEESE & TOMATO	\$ 2.00
EGG (with Mayo)	\$ 2.50

CHICKEN	(H)	\$ 3.00
HAM		\$ 3.00
TUNA		\$ 3.00
SALMON		\$ 3.00
ADD to any sandwich above		
CHEESE SLICE		\$ 0.50
ADD SALAD ITEM (each)		\$ 0.50

*CHOOSE: Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion, Spanish Onion*

<b>SALAD SANDWICH</b>	\$ 3.50
INCLUDES: Lettuce, Tomato, Cucumber, Carrot, Beetroot and Spanish Onion (with MAYO optional)	

<b>Add Protein to salad s/wich</b>	\$ 4.50
Choose CHICKEN/HAM/TUNA/SALMON/EGG	

### TOASTIES

CHOICE OF BREAD : White/Wholemeal slice

CHEESE	\$ 1.70
CHEESE/TOMATO	\$ 2.00
HAM/CHEESE	\$ 3.70
HAM/CHEESE/TOMATO	\$ 4.00
VEGEMITE	\$ 1.50

### WRAPS

CHICKEN CAESAR WRAP	\$ 4.50
TUNA, CUCUMBER & MAYO WRAP	\$ 4.50
CHEESE AND AVOCADO WRAP	\$ 4.50

### CONDIMENTS

SAUCE PORTION	\$ 0.30
Tomato/BBQ/Mild American Mustard/Teriyaki/Sweet chilli	

### SALADS

GARDEN SALAD	\$ 5.00
Includes Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion. Plus Choice of Italian or Balsamic Dressing	

GREEK SALAD	\$ 5.00
Includes tomato, Capsicum, Cucumber, Spanish Onion, Olives & Feta	

CAESAR SALAD	\$ 5.50
Includes Chicken, Cos Lettuce, Bacon, Croutons, Egg & Caesar Dressing	

SALAD EXTRAS	
Add...CHEESE	\$ 0.60
Add...Boiled EGG each	\$ 0.80
Add...PROTEIN PORTION	\$ 1.00
Choice of Chicken/Ham/Salmon/Tuna	

<u>EXTRA SALAD DRESSING</u>	\$ 0.50
Italian, Balsamic, Greek or Caesar	

### NOODLES

*NEW* MAGGI Cup of Noodles	\$ 3.00
BEEF OR CHICKEN	

### MISC HOT FOOD ITEMS

CORN COBBETTE	\$ 0.80
BOILED EGG	\$ 0.80

### HOT FOOD

Mrs Macs BEEF PIE	\$ 3.80
Mrs Macs POTATO PIE	\$ 4.00
Mrs Macs SAUSAGE ROLL	\$ 2.60

CHICKEN NUGGETS x 3	(H)	\$ 1.50
CHICKEN NUGGETS x 6	(H)	\$ 3.00

HAM & CHEESE SCROLL	\$ 2.00
CHEESE SCROLL	\$ 2.00

### CANTEEN MADE MEALS

BEEF LASAGNE	\$ 4.50	
SPAGHETTI BOLOGNESE	\$ 4.50	
PASTA NAPOLITANA	(V) \$ 4.00	
MACARONI & CHEESE	(V) \$ 4.00	
FRIED RICE	(GF) \$ 4.00	
ZUCCHINI SLICE	\$ 2.00	
<b>PIZZA SLABS</b>	\$ 3.60	
* Hawaiian	*BBQ Chicken	* Margarita (V)

### BURGERS/HOT DOGS

BEEF BURGER	\$ 4.00
(includes tomato, lettuce & sauce)	
CHEESE BURGER	\$ 4.00
(includes Beef Pattie, cheese & sauce)	
*NEW* GRILLIED CHICKEN BREAST BURGER	\$ 4.50
(includes lettuce & mayo)	

ADD to any burger above	
CHEESE SLICE	\$ 0.50
ADD SALAD ITEM (each)	\$ 0.50
<i>CHOOSE: Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion, Spanish Onion</i>	

HOT DOG	(Pork Free)	\$ 3.00
Add sauce		\$ 0.30
Add Cheese		\$ 0.50
Add salad item	each	\$ 0.50

### RICE PAPER ROLLS – TUESDAYS ONLY

VEGETARIAN RICE PAPER ROLL	each	\$ 2.00
Avocado, Cucumber, Carrot, Noodles, Lettuce		
CHICKEN RICE PAPER ROLL	each	\$ 2.00
Chicken, Cucumber, Carrot, Lettuce Noodles		
OPTIONAL SAUCE – TERIYAKI OR SWEET CHILLI		\$ 0.30

### MANAGERS SPECIALS

CHECK NEWSLETTERS AND FLEXISCHOOLS FOR DETAILS. SPECIALS WILL RUN FOR TWO WEEKS.



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### SNACKS

HOT POPCORN	\$ 1.00
RED ROCK DELI CHIPS ( <i>Sea Salt</i> )	\$ 1.50
MAME RICE STICKS ( <i>Cheese or Vege</i> )	\$ 1.20
TINY TEDDIES - CHEESY CRACKERS	\$ 1.00
JATZ MINI BISCUITS	\$1.00
KOALA AIR POPPED POPCORN	\$ 1.50
BREAD STICKS	each \$ 0.20
CUSTARD CUP	\$ 0.60
LARGE CUSTARD CUP WITH FRUIT	\$ 1.20
SEASONAL FRESH FRUIT	Price will Vary from \$1.00
WATERMELON WEDGE	\$ 0.20 - \$ 0.50
FROZEN ORANGE SLICE	\$ 0.20
FRUIT SALAD CUP	\$ 1.20
VANILLA YOGURT with fresh fruit	\$ 1.20
TPS ANZAC COOKIE	\$ 0.50
TPS MINI MUFFINS	\$ 0.50
Flavour will vary. Made fresh on site.	
VARIOUS DIPS WITH VEGE STICKS	\$ 1.00
e.g Hummus, Tzatsiki. Availability will vary.	

### CHECK THE CANTEEN DAILY FOR FRESHLY MADE RECESS/SNACK OPTIONS

### RECESS HOT FOOD ITEMS.

A selection of the following items will be available each day at recess over the counter. To guarantee availability recess orders are recommended.

GARLIC BREAD	\$ 0.70
CHEESE BREAD	\$ 0.70
CHEESY GARLIC BREAD	\$ 0.80
MARGHERITA SUB	\$ 0.80
Cheese and Napoli Sauce	
PIZZA SUB	\$ 1.00
Bacon, Cheese and Napoli Sauce	
POTATO WEDGES	\$ 1.50

RECESS HOT FOOD SPECIALS MAY BE PERIODICALLY AVAILABLE

### RECESS ORDERS

Selected Snacks, Recess items and Drinks may be pre-ordered via Flexischools ONLY for delivery to your child at recess time via the class baskets. The following basic sandwiches may also be ordered for recess.

### RECESS SANDWICHES (pre-ordered online only)

JAM	\$ 1.50
VEGEMITE	\$ 1.50
CHEESE	\$ 1.50

### BREAKFAST ITEMS

ONLY AVAILABLE BETWEEN 8:30-8:50am

OR Pre-order by 8am on Flexischools

Raisin Toast	per slice	\$ 1.00
English Muffin (buttered)		\$ 1.00
English Muffin with Cheese		\$ 1.50

### MENU KEY

(V) – Vegetarian (H) – Halal (GF) – Gluten Free

### DRINKS

CHILL J	\$ 2.00
Lemonade, Watermelon, Orange Passio, Blackcurrant, Raspberry, Grape or Cola (apple)	
OAK PLAIN MILK	\$ 1.70
OAK FLAVOURED MILK	\$ 2.00
Choose Chocolate, Strawberry or Banana	
UP and GO	\$ 2.50
Choose Chocolate, Strawberry or Vanilla	
JUST JUICE POPPER	\$ 1.50
Choose Apple, Apple & Blackcurrant or Orange	
Mt Franklin WATER 600ml	\$ 2.00
Mt Franklin KIDS FLAVOURED WATER 250ml	\$ 2.00
Apple, Lemon and Pineapple	
Contains NO SUGAR – comes in a pop top bottle	
PUMP WATER 750ml	\$ 2.60
HOT CHOCOLATE	\$ 2.00
<i>Hot Chocolate that is ordered must be collected by child from the canteen. Can not be placed in lunch order baskets.</i>	

### LUNCHTIME ONLY TREATS

SLUSHIES	Small	\$ 1.00
	Large	\$ 1.80
QUELCH STICKS		\$ 0.50
FROZEN JUICE CUP		\$ 0.80
Orange or Apple/Blackcurrant Flavour		
MOOSIES		\$ 1.50
Chocolate, Blue		
WEIS BARS		\$ 2.00
Chocolate, Mango & Strawberry		

### PLEASE NOTE:

**Our Canteen menu is currently undergoing changes to ensure that we are compliant with the NSW Healthy School Canteen Guidelines.**

**We Thank you for your patience and understanding during this transition period.**

**As changes are made to the menu, an updated document will be available on the school website.**

**Please check the School Newsletter each fortnight to ensure you are aware of changes as they occur.**