

# Normanurst West Public School - 2014

## Canteen Menu and price list

Our school canteen aims to provide students and staff with a variety of foods to satisfy their needs for adequate nutrition during the day. We ask parents to support our attempts to improve the variety and nutrient content of food offered to students by supervising their child's choices to ensure a balanced selection.

The school canteen is open on **Mondays, Wednesdays and Fridays**. Lunch orders **MUST** be handed in by **9 am**.

Please supply paper lunch bags clearly labeled with your child's **NAME, CLASS, LUNCH ORDER** and **PRICE**.

Please also record the total money owing (correct money would be appreciated) and any change that is required. Please record this information in the **MIDDLE** of the lunch bag. **Separate bags are required for the food and drink orders**. Lunch bags are available from the canteen for 10c each. Recess items are purchased over the counter and should not be pre-ordered. Please see below for an example lunch order..

|  |  |
|--|--|
| Jane Smith<br>3T<br>1 X pizza (ham and pineapple)<br>.....\$2.30<br>(\$3.00 enclosed, 70c change required) | Jane Smith<br>3T<br>1 X Paradise Punch fruit juice<br>.....\$1.20<br>(\$1.20 enclosed, no change required) |
|--|--|

### LUNCH (OR RECESS) "ON CREDIT"

If your child forgets his/her morning tea or lunch on a Canteen day, they may order food from the canteen **to the total value of \$5.00** and an itemised Credit Note will be issued and given to the student to take home. **It would be appreciated if payment could be made on the next Canteen day.**

Lunch ordered after 10.00 am – Please note : NO HOT FOOD (e.g. Pizza) IS AVAILABLE AFTER 10.00 a.m.

If a student forgets to put their order in on time, the following items of food will be offered for lunch:

- ❖ Fruit, Popcorn etc
- ❖ Sandwich – either vegemite / cheese / honey / ham
- ❖ Plain fresh milk or fruit juice or bottled water

### Recess Specials

(These items are purchased over the counter and are not pre-ordered)

A variety of hot food items will be available for recess. These are subject to change. Examples of hot food items available may include:

- |  |   |
|--|---|
| ☺ yummy drummy \$0.80                    | ☺ party sausage roll \$0.80                               |
| ☺ party pie \$0.80                       | ☺ Turkish bread slice with salsa and melted cheese \$1.00 |
| ☺ toasted cheese crusties \$0.60         | ☺ sushi (Friday only) \$3.00                              |
| ☺ pasta cup with bolognaise sauce \$1.60 | ☺ Hash Brown nuggets \$0.20                               |

### Frozen Lunch Treats (Available only at lunch over the counter – no pre-orders)

|  |        |
|--|--------|
| Calippo mini ice block – lemon or raspberry / pineapple  | \$1.10 |
| Paddle Pops – chocolate, rainbow or banana   | \$1.40 |
| Bulla lite vanilla ice cream tub   | \$1.20 |
| Slushies (assorted flavours) and hot chocolate   | \$1.50 |
| Frozen fruit tube / Juicies (various flavours), Frozen choc/strawberry milk and Fruit Stack ice blocks | \$0.50 |
| Mini Frozen choc/strawberry/banana milk and Mini Slushie   | \$0.20 |



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### Hot Lunch (Orders Only)

|  |        |
|--|--------|
| Chicken tenderloins (2)  | \$3.00 |
| Corn cobette   | \$1.00 |
| Garlic bread portion   | \$0.70 |
| Macaroni bake (with fork)  | \$3.30 |
| Twista bolognaise (with fork)                                    | \$3.30 |
| Lasagna (with fork)  | \$3.30 |
| Nachos (bolognaise sauce & corn chips)                           | \$4.00 |
| Hot cheese roll / Hot Pizza Roll                                 | \$2.00 |
| Chinese Fried Rice (with fork) vegetarian and gluten free        | \$3.00 |
| Pizza (Ham & Pineapple/ Cheese & Bacon )                         | \$2.30 |
| Sausage roll - reduced fat 120g                                  | \$2.50 |
| “Shark Attack” (Light crumbed fish fillet, lettuce & mayo roll ) | \$3.50 |
| Chicken burger (light oven baked ,lettuce tomato & mayo)         | \$3.80 |
| Fantastic Noodles (& fork)                                       | \$2.40 |
| Sauce – tomato, bbq, s/sour or sweet chilli                      | \$0.20 |

### Salad (Orders Only)

|  |        |
|--|--------|
| Salad box – lettuce, tomato, cucumber, carrot and cheese | \$3.50 |
|--|--------|

### Salad Extras (Orders Only)

|   |        |
|---|--------|
| Boiled egg                                | \$1.00 |
| Ham, tuna or chicken                      | \$1.20 |
| Mayo, caesar, s/sour, bbq or tomato sauce | \$0.20 |
| Beetroot                                  | \$0.20 |
| Pineapple ring                            | \$0.50 |

### Drinks (Orders and recess/lunch)

|  |        |
|--|--------|
| Spring water - 600 ml bottled                | \$1.20 |
| Play waters – assorted flavours              | \$1.60 |
| Fruit juice – apple, orange & paradise punch | \$1.20 |
| Flavoured milk – choc, strawberry & banana   | \$1.50 |
| Plain milk                                   | \$1.00 |

### Friday Only (Orders)

|   |        |
|---|--------|
| Sushi (Teriyaki Chicken, Tuna or Vegetable) | \$3.00 |
|---|--------|

### Each Day (Lunch and recess)

|                                       |             |
|---------------------------------------|-------------|
| Fresh seasonal fruit (when available) | From \$0.50 |
| Frozen pineapple ring                 | \$0.50      |

### Jaffles (Orders Only) Gluten Free – Add 50c

**Wholemeal bread provided unless otherwise specified**

|                           |        |
|---------------------------|--------|
| Baked beans or spaghetti  | \$2.50 |
| Cheese                    | \$2.50 |
| Ham or chicken or tuna    | \$3.30 |
| Ham and cheese            | \$3.50 |
| Ham, cheese and pineapple | \$3.60 |

### Wonderful wraps (Orders Only)

|   |        |
|---|--------|
| Lavash bread, lettuce, cheese, tomato, carrot with mayonaise, caesar dressing or sweet chilli sauce | \$3.60 |
| As above with chicken or ham or tuna  | \$4.00 |

### Sandwiches and rolls (Orders Only)

**Wholemeal bread provided unless otherwise specified**

| <b>Gluten Free – Add 50c</b>                      | Sandwich | Roll   |
|---|----------|--------|
| Buttered bread (2 slices)                         | \$1.00   | \$1.50 |
| Honey   | \$1.50   | \$1.80 |
| Vegemite  | \$1.50   | \$1.80 |
| Baked beans or spaghetti                          | \$2.20   | \$2.50 |
| Cheese  | \$2.20   | \$2.50 |
| Egg with lettuce and mayonaise (optional)         | \$2.30   | \$2.60 |
| Ham or chicken                                    | \$2.60   | \$2.90 |
| Ham or chicken with salad                         | \$3.20   | \$3.50 |
| Salad (lettuce, tomato, carrot, cucumber, cheese) | \$3.10   | \$3.40 |
| Tuna  | \$2.60   | \$2.90 |
| Tuna with salad                                   | \$3.20   | \$3.50 |

### Each Day (Lunch and Recess – over the counter)

|                                     |           |
|-------------------------------------|-----------|
| Apple slinky / BYO Apple            | 80c / 20c |
| Breadsticks                         | \$0.10    |
| Piranha savory snacks               | \$1.20    |
| Popcorn (assorted flavours)         | \$1.20    |
| Rice wheels and Rice crackers       | \$0.70    |
| Potato sticks                       | \$0.80    |
| Fantastic “Delites”                 | \$0.70    |
| Mamee rice sticks (Vege and cheese) | \$0.70    |