



**Weetangera Primary School**  
**P&C**  
**Canteen**

# Menu: 2017

**Opening Hours: Wednesday to Friday, 9:00am to 1:20pm**

Canteen Phone: 6255 2634    School Phone: 6205 7488  
wpscanteen@hotmail.com    www.flexischools.com.au



Foods labelled with a smiley are items that can be enjoyed every day.  
Other items should be eaten once or twice a week.  
*Menu abbreviations: (GF) Gluten Free, (V) Vegetarian*

## Sandwiches and Rolls

Wholemeal bread is used. White bread and gluten free available on request.

Honey, vegemite, jam .....	\$ 2.00
Cheese .....	\$ 2.00
Ham .....	\$ 3.00
☺ Chicken .....	\$ 3.00
☺ Tuna.....	\$ 3.00
☺ Salad (lettuce, tomato, carrot, cucumber, cheese) .....	\$ 3.50
Ham & salad .....	\$ 4.50
☺ Chicken & salad .....	\$ 4.50
☺ Tuna & salad.....	\$ 4.50

**Extras:** cheese, carrot, cucumber, pineapple, lettuce, beetroot, tomato ..... \$ 0.40

**Sauce:** tomato, BBQ, mayo, sweet chilli..... No charge

## Toasted Sandwiches

Cheese .....	\$ 2.50
Ham .....	\$ 3.50
☺ Chicken .....	\$ 3.50
☺ Baked beans .....	\$ 3.00
<b>Extras:</b> cheese, pineapple, tomato .....	\$ 0.40

## Salad Boxes & Wraps

☺ Fresh salad box.....	\$ 4.00
Fresh salad box with your choice of:	
☺ Chicken or tuna or hard boiled egg .....	\$ 4.00
Ham.....	\$ 4.00
Chicken Dino Snacks (nuggets) x 3.....	\$ 4.00
☺ Salad wrap.....	\$ 3.50
☺ Chicken salad wrap.....	\$ 4.50
Ham salad wrap.....	\$ 4.50
Half wrap .....	\$ 2.50

**Sauce:** tomato, BBQ, mayo, sweet chilli..... No charge

## Ice Blocks

Frozen juice cups.....	\$ 1.00
Frozen yoghurt .....	\$ 2.00
Quelch fruit sticks.....	\$ 0.50
Paddlepops (chocolate, rainbow, banana).....	\$ 2.00
Vanilla ice cream tub.....	\$ 1.50
Frozen fruit—orange/watermelon/pineapple .....	\$ 0.50

## Hot Foods

☺ Corn on the cob (GV) .....	\$ 1.20
☺ Hot jacket potato—choice of four toppings .....	\$ 4.50
☺ Cheese (GV) / Creamed corn & cheese (GV) / Tomato mince sauce & cheese /	
☺ Baked beans & cheese (GV)	
Burgers.....	\$ 4.50
Beef—lettuce, tomato, cheese, tomato sauce	
Chicken—lettuce, mayo	
Half burger .....	\$ 2.50
Fried rice—homemade .....	\$ 4.50
Bolognese pasta—homemade mince, tomato sauce & cheese (no cheese on request).....	\$ 5.00
Chicken Dino Snacks (chicken nuggets) .....	\$ 0.80
Pizza (ham & pineapple)—homemade .....	\$ 3.50
Meat pie (large) .....	\$ 3.50
Party pie.....	\$ 1.50
Spinach & ricotta roll .....	\$ 3.20
Gourmet sausage roll.....	\$ 3.20
Sausage roll.....	\$ 3.20
Tomato sauce portion.....	\$ 0.40
Stewed apple with custard or ice-cream .....	\$ 2.50



## Drinks

Bottled water, 350ml .....	\$ 1.20
Plain milk .....	\$ 1.50
Moove, 300ml, chocolate or strawberry .....	\$ 2.00
Fruit juice 100% (200ml).....	\$ 1.60
orange, apple, apple & blackcurrant, tropical	



## At the Counter (also available in orders)

☺ Apple slinky.....	\$ 1.00
☺ BYO apple.....	\$ 0.40
☺ Hard boiled egg.....	\$ 1.00
☺ Carrot stick.....	\$ 0.10
☺ Goulburn Valley fruit snack (GV) .....	\$ 1.50
☺ Pikelets—homemade .....	\$ 0.50
Cheese & biscuit pack.....	\$ 1.00
Fresh popped popcorn (GV) .....	\$ 0.50
☺ Fruit muffin—homemade .....	\$ 1.50
Mini fruit muffin—homemade .....	\$ 0.50
Seasonal fruit.....	\$ 0.50
Custard/yoghurt pots .....	\$ 1.00
Single lunch bag with your order.....	\$ 0.10



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### **Canteen Policy: What we do and why we do it**

The canteen is provided as a non-profit service for the well-being of the school by the P&C Association. The P&C employs a manager and staff who are responsible for the day-to-day operation of the canteen, guided and assisted by the Canteen Committee.

The canteen provides nutritious and appealing food at an affordable price. We aim to keep our menu as **Green** as possible to provide a healthy school recess and lunch service for the enjoyment of children and to assist busy families.

### **Special Requests**

We are unable to assist with special food requests such as variation of ingredients in standard items.

### **Food Allergies**

The only exception to the special request policy is in the case of genuine food allergies and intolerances. Parents need to inform us in writing of any such condition. A form is distributed at the beginning of each year for this purpose. The canteen is NUT free due to severe allergies of some students.

### **Volunteering**

Volunteers are very welcome to come help in the canteen with making pikelets, preparing sandwiches or baking. Any time you can spare, whether 1 1/2 hours or 1 hour is much appreciated. Toys are provided for siblings and there is also a high chair available. The canteen is a friendly environment and a great way to meet other parents. Please come and see the Canteen Manager if you're interested in helping.

### **Canteen Staff**

Manager: Kerrie Sun  
Assistant: Belinda Redfern-Elliot

### **How to place an order**

**On-line Orders** The Canteen uses an on-line recess and lunch ordering system called FLEXISCHOOLS. Orders can be placed up until 9:05am on the day for recess and lunch. Alternatively orders can be placed any day beforehand or set-up as a re-occurring order. It is an easy to use website and avoids the morning scramble for change!

Register today at [www.flexischools.com.au](http://www.flexischools.com.au)

**Manual Orders** For manual orders, write your child's unit, name and order on an envelope or bag with the required money enclosed. Students will place their orders in the lunch order box in their unit as soon as they unpack their bag in the morning. If your child forgets to put their order in the box, they should come to the canteen by recess so their order can still be filled. We will do our best to accommodate late orders.

Occasionally we will run out of stock. If this does happen or an item in the order is incorrect please encourage your child to come see the Canteen Manager. We'll try to help.

Frozen items and some things have to be collected from the canteen. **A red stamp alerting students to this is placed on their lunch order bag.** Students need to bring their bag to the canteen when collecting food as proof of payment.

If you have questions regarding the canteen operation or menu please come and visit the canteen.

***The Weetangera Primary School P&C Canteen  
is guided by Nutrition Australia.  
All menu items meet Nutrition Australia  
guidelines.***