

PENNANT HILLS PUBLIC SCHOOL CANTEEN LIST, SUMMER 2014/5

EFFECTIVE FROM MONDAY 20 OCTOBER 2014

OPEN ON MONDAYS, WEDNESDAYS AND FRIDAYS.

FOR ALL ENQUIRIES CONTACT CAROLYN HARRISS, CANTEEN MANAGER ON 0412502025 OR canteenphps@gmail.com

BUILD YOUR OWN LUNCH

First choose your base:

| | |
|--|--------|
| Bread and butter (2 slices for sandwich) | \$1.00 |
| Buttered roll or plain wrap | \$1.00 |
| Extra cost for toasting | 50c |
| Add vegemite | 30c |
| Salad box base | \$1.00 |
| (box, fork and 1 slice of buttered bread) | |
| Chicken patty in roll (plain chicken burger) | \$2.50 |

Then add some protein:

| | |
|----------------------------------|----------|
| Egg or cheese or baked bean - GF | each 60c |
| Ham | \$1.00 |
| Chicken or tuna - GF | \$1.50 |

Next add salad items: - all GF

| | |
|---|----------|
| Lettuce, tomato, cucumber, carrot, beetroot | each 60c |
| Avocado | 60c |
| Sweetcorn | 60c |

Finally add a dressing:

| | |
|-------------------------|-----|
| Tomato sauce | 20c |
| Mayonnaise | 20c |
| Salad dressing | 20c |
| Sweet chilli sauce - GF | 20c |
| Sour cream- GF | 50c |

| | |
|--|--------|
| Salad snack pack - GF | \$1.20 |
| (carrot & cucumber sticks + cherry tomatoes) | |
| Hummus dip_GF | 60c |
| Cheese and crackers (6 of each) | \$1.00 |

DAILY SPECIALS

(ONLY available on the specified day)

Mad Monday

| | |
|--|--------|
| Potato wedges - GF | \$1.50 |
| with sour cream and sweet chilli sauce | \$2.00 |
| Vegetarian nachos - GF | \$2.50 |
| Beef nachos - GF | \$3.00 |

Wacky Wednesday

PIZZA SLICES

| | |
|-------------|--------|
| Hawaiian | \$3.50 |
| Margarita | \$3.00 |
| BBQ chicken | \$3.50 |

Funky Friday

| | |
|--|--------|
| Caesar salad | \$3.50 |
| Chicken Caesar salad | \$5.00 |
| Sushi rolls | \$3.50 |
| (tuna and avocado - GF; cucumber - GF; chicken teriyaki (not GF); beef and cucumber (not GF)) | |

*WE ALWAYS NEED VOLUNTEERS
SO FEEL FREE TO CALL IN AND
OFFER HELP FOR THE DAY, OR
PUT YOUR NAME ON THE ROSTER.*

GF = gluten free

DRINKS - all GF

| | |
|---------------------------------------|--------|
| Chocolate milk 98% fat free - 300ml | \$1.50 |
| Strawberry milk 98% fat free - 300ml | \$1.50 |
| Plain white milk (full cream) - 300ml | \$1.20 |
| Spring water - 600ml | \$1.50 |
| Focus water - 350ml | \$2.00 |
| (raspberry, lemon or fruit tingle) | |
| 100% Just Juice - 200ml | \$1.00 |
| (apple, orange or apple blackcurrant) | |
| Hot chocolate (3-6 site only) | \$1.00 |
| Slushy (3-6 site only) | \$1.50 |

FROZEN TREATS

This list is not finite, other items may be added from time to time

| | |
|---------------------------------------|--------|
| Fruit stack - GF | 50c |
| Juicy tube (assorted flavours) - GF | 60c |
| Moosie (assorted flavours) - GF | \$1.50 |
| Lemonade icy twist - GF | \$1.20 |
| Jelly stick (K-2 site only) | 20c |
| Orchy cup (3-6 site only) - GF | 60c |
| Paddle pop (3-6 site only, assorted) | \$1.50 |
| Calippo (3-6 site only) | \$1.00 |
| Vanilla ice cream tub (3-6 site only) | \$1.20 |
| Frozen strawberry yogurt tub - GF | \$1.50 |
| (3-6 site only) | |
| Frozen grapes - GF | 50c |
| Frozen orange segments, bag of 3-GF | 50c |
| Frozen pineapple ring - GF | 30c |

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HOT FOOD

| | |
|--|--------|
| Bag of 3 chicken nuggets | \$1.50 |
| Hash brown - GF | 60c |
| Corn on the cob - GF | \$1.00 |
| Chilli chicken tender | \$1.50 |
| Chilli chicken tender wrap (w lettuce & mayo) | \$3.00 |
| Party pie | \$1.30 |
| Large meat pie | \$3.20 |
| Sausage roll (made on site) | \$2.70 |
| Hawaiian pizza wrap | \$3.50 |
| Macaroni cheese (made on site) | \$3.70 |
| Twista bolognese (made on site) | \$3.70 |
| Fried rice (made on site) - GF | \$3.70 |
| Vegetarian fried rice (made on site) - GF | \$3.70 |
| Jacket potato with butter (fillings may be added from 'build your own') | \$1.50 |

SUMMER SPECIALS

| | |
|---|--------|
| Rice paper rolls (vegetarian) x2 - GF | \$3.00 |
| Rice paper rolls (w chicken) x2 - GF | \$4.00 |
| Asian noodle salad (vegetarian) | \$4.00 |
| Asian noodle salad (w chicken) | \$5.00 |
| Ham, cheese & tomato frittata w salad- GF | \$4.00 |
| Vegetarian frittata with salad - GF | \$3.50 |

PLEASE REMEMBER TO CALL THE CANTEEN IF YOUR CHILD HAS ORDERED LUNCH AND LEAVES SCHOOL EARLY FOR ANY REASON. YOU MAY BE ABLE TO TAKE THE LUNCH WITH YOU.

WE APOLOGISE THAT WE CANNOT REFUND FOR FOOD ALREADY MADE.

How to place an order

Orders should be placed online prior to 10am at www.flexischools.com.au. Log in required. Registration is free.
Orders may also be handed into the canteen at the 3 - 6 site written on a paper bag, with the child's name and class.
Please enclose correct change.

SNACK FOODS

This list is not finite, other items may be added from time to time

| | |
|---|--------|
| Apple or orange - GF | \$1.00 |
| Apple slinky - GF | \$1.00 |
| Apple slinky (with own apple) - GF | 20c |
| Fruit and jelly in a cup - GF | \$1.00 |
| Homemade ANZAC biscuit | 60c |
| Homemade banana bread | \$1.00 |
| Gingerbread folk | \$1.30 |
| JJs chicken snacks | \$1.20 |
| Red rock deli chips (plain - GF or honey soy chicken) | \$1.20 |
| Jumpys (plain or bbq) | \$1.00 |
| Hello Pandas | 80c |
| Tiny teddies | 80c |
| JJs noodle snacks (chicken or bbq) | 50c |
| Fruit puddings (jelly cups) | 20c |
| Breadsticks | 10c |
| Want want crackers | 10c |

GF = gluten free

MEAL DEALS

| | |
|---|--------|
| 1- <u>Toasty deal</u> | \$4.00 |
| Cheese toasty | |
| Any milk | |
| Apple slinky or orange quarters | |
| 2- <u>Yummy drummy meal</u> | \$4.50 |
| Yummy Drummy (x2) | |
| Salad snack pack | |
| Any milk | |
| 3- <u>Sausage roll meal</u> | \$5.00 |
| Sausage roll | |
| Tomato sauce | |
| Any milk | |
| Fruit and jelly cup | |
| 4- <u>Chicken nugget meal</u> | \$4.50 |
| Bag of 3 chicken nuggets | |
| Hash brown | |
| Tomato sauce | |
| Any milk | |
| Apple slinky or orange quarters | |
| 5- <u>Salad meal</u> | \$5.00 |
| Salad wrap, roll or sandwich (lettuce, cucumber, tomato, carrot, beetroot) | |
| Any juice popper or water | |
| Any Juicy tube (ice block) | |