### Notebook

**Taree West Public School - Canteen Menu Term - 1, 2017**

**LUNCH** 11:10 to 11:55am - **RECESS** 1:25 to 1:55pm (no hot food for recess)

#### Sandwiches:
- Salad ................................................. 3.00
- Meat only, Ham or Chicken ............... 3.00
- Meat & Salad, Ham or Chicken .......... 3.50
- Egg & Lettuce ...................................... 2.50
- Cheese .................................................. 2.00
- Vegemite ............................................ 1.50

(Salad consists of: lettuce, tomato, carrot & cucumber. Extras can be added at a cost of 20c per item)

#### Rolls/Wraps:
- Meat & salad, Ham, Chicken or Salmon .... 4.50
- Salad .................................................. 3.50
- Meat only, Ham or Chicken ............... 3.50
- Buttered roll ....................................... 1.50
- Hot Cheese roll ................................... 2.00
- Hot Ham, Cheese and Pineapple roll ....... 3.00

#### Toasted Sandwiches:
- Cheese .................................................. 2.20
- Ham & Cheese ....................................... 2.70
- Ham, Cheese & Tomato ....................... 3.20
- Focaccia ..........HALF SIZE.................. 2.00
- Focaccia ..........FULL SIZE ................... 4.00
- Focaccia Ham & Cheese OR Cheese & Tomato

#### Salad options:
- Salad tubs......................................... 3.50
- Salad tub with Ham, Chicken or Salmon ... 4.00
- Fruits Salad tub Small ......................... 2.00
- Fruit Salad tub Large ......................... 3.00

**Online canteen ordering with**

www.Flexischools.com.au is now available

#### Drinks:
- Water 600ml ........................................... 1.00
- Sparkling Water 500ml ....................... 1.50
- Quench mineral flavoured water ........... 2.00
- Juice bottle 250ml ............................... 2.00
- Just Juice popper 200ml ...................... 1.00
- Plain milk 300ml .................................. 1.00
- Flavoured Milk Choc OR Strawb 300ml .... 2.00
- Slush Puppie ........................................ 2.00

#### Treats:
- Piece of seasonal fruit ....................... 70c
- Frozen piece/slice of fruit ................... 70c
- Frozen Orchy cup (lunch only) .......... 60c
- Quelch frozen juice stick ................. 60c
- Lemonade icy pole .............................. 1.00
- Paddle Pop ....................................... 1.50
- Frozen Yoghurt .................................. 2.00
- Grain Waves chips .............................. 1.20
- Assorted Red Rock Deli chips ............ 1.20
- Popcorn ............................................. 50c

#### Lunch Hot Food

**MONDAY:**
- Freshly made Nachos .............................. 3.00

**TUESDAY:**
- Homemade slice of Ham & Pineapple Pizza 3.00

**WEDNESDAY:**
- Homemade Sausage Roll ....................... 2.50
- Party pie ............................................ 1.30
- Meat Pie ............................................. 3.00

**THURSDAY:**
- Homemade slice of Ham & Pineapple Pizza 3.00

**FRIDAY:**
- Freshly made Fried rice child size ........ 4.00
- OR ..................................................... adults size 6.00
- Homemade Sausage Roll ....................... 2.50
- Party pie ............................................ 1.30
- Meat Pie ............................................. 3.00

#### EVERY DAY
- Chicken Yummy Drummy ................. 1.30 each
- Fish pieces ........................................ 1.00 each
- Chicken Noodle Cup ......................... 2.50
- Freshly made Garlic Bread .................. 2.00
- Chicken Burger ................................ 3.50
- Pasta Bolognaise ................................ 5.00

Tomato OR BBQ sauce .......................... 30c
TAREE WEST
PUBLIC SCHOOL

CANTEEN PRICE LIST
Term 4, 2016

Canteen supervisor
Cate - Canteen Phone
6552 3137

ALL ORDERS MUST BE AT
THE CANTEEN BY 9.10AM

LUNCH ORDERS
All lunch orders are placed in classroom
canteen tubs, students collect the tubs and
take them to the allocated classrooms.

Any icy poles & slushies ordered are
collected from the canteen by the student
themselves.

RECESS ORDERS
All recess orders need to be collected by
students at the start of recess from the
canteen.

Online canteen ordering with
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is now available

If you place an order through Flexischools for
your child and he/she is absent from school
on the day of the order, you can cancel the
order yourself (as long as it is before the
9.15am cut-off deadline) by logging into
Flexischools website and cancelling the
order.

If you are unable to cancel the order yourself
you must call the canteen before 9.30am
and the canteen supervisor will cancel the
order. Canteen phone number - 6552 3137.

No cancelled orders after 9.30am will be
taken due to food already being prepared
and/or cooked.

For any further information and enquiries
please call Flexischools on 1300 361 769 or
their website www.flexischools.com.au

Canteen Helpers wanted

The school canteen is always looking
for volunteers and we happily
welcome parents, grandparents or
carers – there is no greater joy for
your child than to come to the
canteen and see you.

If you would like to volunteer
or have a spare few hours.
Monday to Friday

Please see Cate at the canteen for
further information.