



CANTEEN MENU 2024

Online with [Flexischools.com.au](https://flexischools.com.au) is our preferred method of ordering.

Or write your child's name, class and items to be ordered along with correct prices and total on a paper bag, please ensure loose change is secure.

Where possible we source from local independent suppliers and growers.

Lunch items that are in green are considered everyday items under the NSW Healthy School Canteen Strategy items in black are recommended as occasional items.

Prices are subject to change due to supply availability and costs.

Angela Head – Canteen Supervisor

GF – Gluten Free DF – Dairy Free

DAILY LUNCH SPECIALS

| | | | |
|------------|--|-------------------|--------|
| Monday: | Frittata and side salad | GF | \$6.00 |
| Tuesday: | Fried Rice and side salad | GF | \$6.00 |
| Wednesday: | Beef, bean and rice Burrito | DF without cheese | \$6.00 |
| Thursday: | Bolognaise Pasta Bake | | \$6.00 |
| Friday: | Sushi, 5 pieces, chicken, tuna with salad. | | \$6.00 |

SNACKS – RECESS AND LUNCH

| | | | | | |
|-------------------------------|-------|--------|---------------------------|-------|-------------|
| Piece of fresh fruit | GF,DF | \$0.70 | Carrot stick | GF,DF | \$0.10 each |
| Yoghurt and berry cup | | \$2.00 | Salsa dip | GF,DF | \$0.40 |
| Yoghurt and Muesli cup | | \$2.00 | Sea Salt chips | | \$2.00 |
| Fresh popped plain Popcorn | GF,DF | \$0.50 | Home baked cookie (max 2) | | \$0.20 each |
| Rice crackers (3) with cheese | GF | \$0.50 | Vanilla Muffin (max 1) | | \$1.00 |
| or salsa | GF,DF | | | | |
| Hard boiled egg | GF,DF | \$1.00 | | | |

FROZEN SNACKS – RECESS AND LUNCH – to be collected from the canteen.

Frozen items including Slush Puppies are not available at recess for Years K, 1 & 2

| | | | | |
|-------------------------------|----|--------|------------------------------|--------|
| Low fat vanilla ice-cream cup | GF | \$2.00 | Paddle Pop – choc or rainbow | \$2.50 |
| Snap Stix | | \$1.00 | Half Snap Stix | \$0.50 |
| Sour raspberry or | | | Sour raspberry or | |
| Sour watermelon | | | Sour watermelon | |

DRINKS

| | |
|---|--------|
| Plain water | \$1.00 |
| Flavoured milk – strawberry or chocolate | \$2.50 |
| Juice Popper 100% juice – orange or apple | \$2.50 |
| Juice Bottle 100% juice – apple | \$2.50 |
| apple black currant | |
| Slush Puppie 100% juice base | \$2.00 |
| Cup plain low-fat milk | \$1.00 |

PLEASE TURN OVER

LUNCH MENU FRESH

| | Sandwich | Wrap/Roll |
|---|------------|----------------------|
| Butter only | \$2.00 | \$2.50 |
| Vegemite, Jam or Honey | \$2.50 | \$3.00 |
| Cheese | \$2.50 | \$3.00 |
| Cheese and Vegemite | \$3.00 | \$3.50 |
| Egg | \$4.00 | \$4.50 |
| Egg and Lettuce | \$4.50 | \$5.00 |
| Salad (lettuce, cucumber, carrot, tomato, beetroot, and cheese) | \$5.00 | \$5.50 |
| Chicken, Ham, plain Tuna, or Falafel | \$4.50 | \$5.00 |
| Chicken, Ham, Tuna, or Falafel with Salad | \$6.00 | \$6.50 |
| Chicken, Lettuce and Mayo | \$5.00 | \$5.50 |
| Ham and Cheese | \$4.80 | \$5.30 |
| Ham, Cheese, and Tomato | \$5.00 | \$5.50 |
| GF Bread | add \$0.50 | wrap only add \$0.50 |

**Sandwiches can be toasted at no extra cost

SALAD BOWLS

| | |
|--|--------|
| Chicken Caesar Salad | \$6.00 |
| Garden Salad | \$5.00 |
| (Lettuce, cucumber, tomato, beetroot, carrot, and cheese) | |
| with chicken, ham, egg, or falafel. GF, DF if request no cheese or falafel | \$6.00 |
| Salad dressing, balsamic, Italian or Aioli | \$0.40 |

LUNCH MENU - HOT

| | |
|-------------------------------------|--|
| Homemade mini pizza cheese only | \$2.50 |
| ham and cheese | \$3.00 |
| Dino chicken nuggets (min 2/max 6) | \$0.70 each |
| Falafel nuggets (DF) (min 2/max 5) | \$0.70 each |
| Potato Gems (10) | \$2.00 |
| Lite Meat Pie | \$4.50 |
| Lite Sausage Roll | \$4.00 |
| Lean beef burger | with cheese lettuce, tomato, and sauce \$5.00 |
| Vegie Burger with | with lettuce, tomato, and sauce \$5.00 |
| | With mixed salad \$7.00 |
| Chicken Burger - | flame grilled chicken breast with sauce \$5.00 |
| | with lettuce and mayo \$6.00 |
| | with mixed salad \$7.00 |
| Meatball or Falafel Sub | with sauce \$5.00 |
| | with lettuce or cheese \$6.00 |
| | With mixed salad \$7.00 |
| Baked Potato | Cheese only \$5.00 |
| | Ham and cheese \$6.00 |
| | Bolognaise and cheese \$6.00 |
| | Mexi beef, bean with cheese \$6.00 |
| Garlic Bread Sub | \$2.00 |
| Oven baked chicken tender GF, DF | \$2.00 |
| Sauce sachet – BBQ, Tomato or Aioli | \$0.40 |

Frozen food, milk cups and Slush Puppies must be collected from the Canteen.

Reheating food from home or providing water is not allowed due to safety concerns.

This canteen is run by the P&C and funds raised go back to the school and your child's education.

Volunteers are always welcome so please pop in and say hello.

Find us on Facebook- Port Macquarie PS P&C