

CANTEEN MENU

Lunch and recess orders can be placed at the canteen between 8.45am and 9.15am (late orders may be rejected or amended to suit food/help availability)

Cold lunches	
Sandwiches	
Vegemite	\$2.30
Cheese	\$2.80
Tomato	\$2.80
Cheese & Tomato	\$3.30
Egg & Mayo	\$3.30
Ham, Chicken (H) or Tuna	\$3.30
Salad - lettuce, tomato, cucumber, carrot & beetroot	\$4.30
Egg, Lettuce & Mayo	\$3.80
Chicken (H) & Salad	\$4.80
Tuna & Salad	\$4.80
Extras	
Plain Wrap	\$1.00
Bread Rolls	\$1.00
Extra Fillings - any	\$0.50
Sandwiches/banana bread toasted	\$0.20

Salad Boxes	
One Size (GF with no cheese)	
Lettuce, Tomato, Carrot, Corn, Beetroot, Cheese, Pineapple, Cucumber & Egg	\$5.50
Add Ham or Chicken (H)	\$6.00

Hot Lunches	
Party Pies	\$0.70
Sausage Roll	\$2.80
Chicken Nuggets (H) - 5 per serve	\$3.00
Oriental or Vegetarian(GF) Fried Rice	\$4.60
Spaghetti Bolognese or Ravioli	\$4.60
Beef, Chicken or Vegetable Lasagne	\$4.60
Macaroni Cheese	\$4.60
Hokkein noodles	\$4.60
Honey Soy Chicken and rice	\$4.60
Chicken (H) or Beef Burger	\$5.00
Nacho Dippers	\$5.00
Bacon & Egg Roll	\$5.00

Frozen Snacks	
Juicie Treats GF	\$1.00
Juicie Tubes GF	\$1.20
Berry Sticks GF	\$0.80
Moosies GF	\$1.20
Paddle Pops	\$1.50
Slushy - fruit juice	\$2.00

GF - Gluten Free
H - Halal

Daily Snacks/Recess	
Vita Wheat - Vegemite or Cheese - 2 per serve	\$1.60
Vita Wheat - Vegemite & Cheese - 2 per serve	\$1.80
Grainwaves	\$1.70
Mamee Rice Snacks - Cheese (GF) (H)	\$1.50
Popcorn GF	\$1.50
Vege Stick Cup - seasonal vegetables GF	\$2.00
Vege Stick Cup with Homus Dip	\$2.50
Cheese & Crackers - 6 per serve	\$1.60
Fresh Assorted Seasonal Fruit - Check basket GF	\$1.20
Slinky Apples GF	\$1.40
Fruit Salad Cups - Seasonal Fruits GF	\$2.50
Banana Bread - per slice	\$1.50

Drinks	
Flavoured Milk - Choc, Strawberry & Vanilla Malt	\$2.50
Bottled Water -350ml (GF)	\$1.50
Bottled Water - 600ml (GF)	\$1.90
Chill - Aloe Raspberry & Watermelon - 250ml	\$2.20
Chill J - raspberry, blackcurrent, cola, watermelon, orange passio, lemonade & grape GF	\$2.20
Juice Poppers - Apple, Orange, Tropical GF	\$1.50

Sauce portions BBQ or Tomato \$0.30

General Information

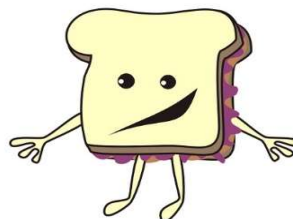
Lunch and recess orders can be placed at the canteen from 8.45am - 9.15pm

Recess orders are to be collected from the canteen

No plastic Zip lock bags

No \$50 notes

No hot food will be available for recess



The following should be listed on your bag: Name



L/L is for little lunch/recess

B/L is for big lunch

And your order

As a free breakfast club is operating only milk will be available for purchase before school.

Lunch orders are collected from the canteen in class baskets and are to be handed out by the class teacher.

Any late orders for hot food will be offered a sandwich instead.

Foods that are not purchased from the canteen will not be opened, heated or cooked.

Please note:

*These new menu changes are a start in putting us in line with The NSW Healthy School Canteen Strategy which came into effect from 1st July 2017.

Zero Credit

- No credit, weekly prepaid orders, or the promise to pay the next day will be accepted
- No money means no purchase/order
- Absolutely no phone orders



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Penrith Public School P&C and Canteen Association

