

# Normanhurst West Public School - 2009

## Canteen Menu and price list

Our school canteen aims to provide students and staff with a variety of foods to satisfy their needs for adequate nutrition during the day. We ask parents to support our attempts to improve the variety and nutrient content of food offered to students by supervising their child's choices to ensure a balanced selection.

The school canteen is open on **Mondays, Wednesdays and Fridays**. Lunch orders **MUST** be handed in by **9 am**.

Please supply paper lunch bags clearly labeled with your child's **NAME, CLASS, LUNCH ORDER** and **PRICE**.

Please also record the total money owing (correct money would be appreciated) and any change that is required. Please record this information in the **MIDDLE** of the lunch bag. **Separate bags are required for the food and drink orders**. Lunch bags are available from the canteen for 10c each. Recess items are purchased over the counter and should not be pre-ordered. Please see below for an example lunch order.

Jane Smith 3T 1 X pizza (ham and pineapple) .....\$2.00 (\$2.00 enclosed, no change required)	Jane Smith 3T 1 X Multi-V fruit juice .....\$1.30 (\$1.40 enclosed, 10c change required)
---	---

### LUNCH (OR RECESS) "ON CREDIT"

If your child forgets his/her morning tea or lunch on a Canteen day, they may order food from the canteen **to the total value of \$4.50** and an itemised Credit Note will be issued and given to the student to take home. **It would be appreciated if payment could be made on the next Canteen day.**

Lunch ordered after 11.00 am – Please note : **NO HOT FOOD** (e.g. Pizza) IS AVAILABLE AFTER 11.00 a.m.

If a student forgets to put their order in on time, the following items of food will be offered for lunch:

- ❖ Fruit, Muffin, Popcorn etc
- ❖ Sandwich – either vegemite, or cheese, baked beans or spaghetti jaffle
- ❖ Plain fresh milk or fruit juice or bottled water

### Lunch time meal deals – orders only

Monday	Wednesday	Friday
Nachos – Bolognaise sauce, cheese and corn chips <b>\$3.70</b>	Corn Cobette and 6 potato smiles <b>\$2.50</b>	Sushi (Teriyaki Chicken or tuna) <b>Must be pre- ordered by Wednesday to guarantee \$3.00</b>
	Wonderful Wednesday Wrap with chicken/ham/tuna <b>\$3.80</b>	Lasagne (with Fork) <b>\$3.00</b>

### Recess Specials

(These items are purchased over the counter and are not pre-ordered)

A variety of hot food items will be available for recess. These are subject to change. Examples of hot food items available include:

- |  |   |
|--|---|
| ☺ yummy drummy \$0.80                    | ☺ melted cheese and bolognaise sauce on English muffin \$1.50 |
| ☺ party pie \$0.80                       | ☺ party sausage roll \$0.80                                   |
| ☺ toasted cheese crusties \$0.60         | ☺ Turkish bread slice with salsa and melted cheese \$1.00     |
| ☺ pasta cup with bolognaise sauce \$1.50 | ☺ sushi (Friday only) \$3.00                                  |

### Frozen Lunch Treats (Available only at lunch)

Frozen fruit cups – apple / blackcurrant, pineapple, or tropical	\$0.50
Calippo mini ice block – lemon or raspberry / pineapple	\$0.90
Mini milks – chocolate, strawberry or vanilla	\$0.70
Bulla lite vanilla ice cream tub	\$1.00
Frozen fruit tube	\$0.50

**Normanhurst West Public School - 2009**  
**Canteen Menu and price list**

<b>Hot Lunch (Orders Only)</b>	
Chicken tenderloins (2)	\$2.70
Corn cobette	\$0.80
Garlic bread portion	\$0.60
Macaroni bake (with fork)	\$2.80
Twista bolognaise (with fork)	\$3.00
Hot cheese roll	\$2.00
Hot pizza roll	\$2.00
Pizza (Ham & Pineapple, Supreme or Cheese & Bacon )	\$2.00
Sausage roll - reduced fat 120g	\$2.00
"Shark Attack" (Reduced fat crumbed fish fillet, lettuce & mayonaise on a roll)	\$3.00
Chicken burger (reduced fat, oven baked with lettuce tomato and mayo)	\$3.00
Fantastic Noodles (& fork)	\$2.20
Fantastic soup cup (pumpkin or chicken & corn) with wholemeal bread slice	\$2.20

<b>Cold Lunch (Orders Only)</b>	
Salad box – lettuce, tomato, cucumber, carrot, celery and cheese	\$3.30
Above with mayo, caesar or balsamic	\$3.50
Salad box (as above) with : pineapple ring	\$3.60
Salad box (as above) with : hard boiled egg	\$4.00
Salad box with : ham,cheese, tuna,chicken	\$4.20

<b>Cold Lunch Extras (Orders Only)</b>	
Boiled egg	\$0.80
Extra sandwich filling (e.g. beetroot, cheese, lettuce, tomato)	\$0.50
Mayo, caesar, s/sour, bbq or tomato sauce	\$0.20

<b>Drinks (Orders and recess)</b>	
Spring water - 600 ml bottled	\$1.20
Thorpedo berry or tropical water / Play water	\$1.60
Fruit juice – apple, orange & multi V	\$1.30
Flavoured milk – choc, banana, strawberry	\$1.30
Plain milk	\$1.00

<b>Each Day (Lunch and recess)</b>	
Fresh seasonal fruit	\$0.30-\$0.50
Frozen orange quarter	\$0.30
Frozen pineapple ring	\$0.50

<b>Jaffles (Orders Only) Gluten Free – Add 50c</b> Wholemeal bread provided unless otherwise specified	
Baked beans or spaghetti	\$2.00
Cheese	\$2.10
Ham or chicken or tuna	\$2.80
Ham and cheese	\$2.90
Ham, cheese and pineapple	\$3.00

<b>Wonderful wraps (Orders Only)</b>	
Lavash bread, lettuce, cheese, carrot with mayonaise, caesar dressing or sweet chilli sauce	\$3.50
As above with chicken or ham or tuna	\$3.80

**Sandwiches and rolls (Orders Only)**  
 Wholemeal bread provided unless otherwise specified

<b>Gluten Free – Add 50c</b>	Sandwich	Roll
Buttered bread (2 slices)	\$1.00	\$1.20
Honey	\$1.40	\$1.80
Vegemite	\$1.30	\$1.70
Baked beans or spaghetti	\$1.90	\$2.30
Cheese	\$1.90	\$2.30
Egg with lettuce and mayonaise (optional)	\$2.00	\$2.40
Ham or chicken	\$2.40	\$2.80
Ham or chicken with salad	\$3.10	\$3.50
Salad (lettuce, tomato, carrot, cucumber, beetroot, cheese)	\$2.90	\$3.30
Tuna	\$2.40	\$2.80
Tuna with salad	\$3.10	\$3.50

<b>Each Day (Lunch and Recess)</b>	
Apple slinky	\$0.80
BYO apple	\$0.20
Breadsticks (plain or pizza)	\$0.10
Muffins – Apple and Cinnamon / Blueberry	\$1.50
Go Gurts (frozen strawberry/fruit salad yoghurt)	\$0.60
Piranha savory snacks	\$1.00
Popcorn (assorted flavours)	\$1.00
Fantastic rice crackers	\$0.50
Rice cakes (3) – chicken or BBQ	\$0.90
Fruit jelly sticks	\$0.10