## **Ngunnawal Primary School**

### **Canteen Menu 2019-2020**

#### **Hot food**

Hot Hood		
Corn on the cob \$1.00 •		
Garlic bread \$1.00 •		
Nachos \$4.50 •		
Spaghetti bolognaise* \$5.00		
Vegetarian pasta*\$4.00 ●v н		
Add Cheese\$0.50		
* Gluten free pasta available on request.		
Mac and cheese\$5.00 ● v H		
Chicken nuggets x 6 \$4.00 • н		
Chicken nuggets x 4 \$3.00 • н		
Chicken burger\$6.00 ● H Lettuce, cheese, mayo		
Ham and pineapple pizza\$4.50		
Party pie\$1.50		
Sausage roll\$3.50		
Beef Pie\$4.50 •		
Sauce (tomato or BBQ) \$0.50		
Mac and Cheese Meal		
Spaghetti Bolognaise Meal		

#### **Salad boxes**

Salad box	\$5.00 ● V GF H	
Lettuce, cucumber, tomato, carrot, cheese		
Chicken salad box	\$6.00	
Tuna salad box	\$6.00 • н	

#### **Drinks**

Bottled water	\$1.00 •
Plain milk (300ml, full fat)	\$1.50
Add a flavoured Sippah straw	\$0.60 🔸
Fruit Juice	\$2.00
Apple blackcurrant or orange	

### **Sandwiches & Wraps**

	Sandwich	Wrap
Cheese	\$2.50	\$3.00 <b>●</b> ∨ H
Low fat tasty cheese		
SaladLettuce, cucumber, tomato, carrot, chec		\$4.50 <b>●</b> ∨ H
Chicken & salad	\$4.50	\$5.00
Chicken, cheese & tomato	\$3.50	\$4.00
Chicken, cheese & mayo	\$3.50	\$4.00
Tuna & salad	\$4.50	\$5.00 • н
Tuna, lettuce, mayo	\$4.00	\$4.50 • н
Vegemite	\$2.00	N/A
Toasted sandwich	•	
Wholemeal bread is used unless requested otherwise.		

#### Fresh/frozen treats

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Fresh fruit salad cup	.\$1.50
Fresh fruit salad box	.\$3.50
Yoghurt	. \$1.50
Blueberry or strawberry	
Fruit juice jelly	\$1.50
Frozen Milo pop	.\$1.00
Quelch Icy Pole	. \$0.50
Frozen juice cup Orange or apple blackcurrant	.\$1.00
Paddle Pop Rainbow or chocolate	.\$1.50
Frozen yoghurt	.\$2.50
Frozen fruit	. \$0.20

Lots of other items are available for purchase during **recess and lunch counter sales**. Items are rotated depending on availability and include garlic bread, pizza, banana bread, anzac cookies & popcorn. All items are • or • and are priced from \$0.20 to \$1.00 each.

Code: •=green (everyday foods), •=amber (sometimes foods), GF= gluten-free, H=halal, V=vegetarian. Collect frozen treats from the canteen (bring lunch order bag).

The canteen is open every day during recess and lunch. See over page for online ordering. Canteen phone number: 6142 1520

## **Canteen helpers**

Volunteers are always needed at the canteen!

Sign up for a regular shift or just pop in if you have a few hours to spare.

#### For more info:

- See the lovely staff at the canteen
- send an email to ngunnawalps\_pandc@outlook.com
- message us at the Ngunnawal Primacy P&C Facebook page

(<a href="https://www.facebook.com/Ngunnawal-Primary-PC-Association-221250924740393">https://www.facebook.com/Ngunnawal-Primary-PC-Association-221250924740393</a>).

### **Online ordering**

As well as cash payments, you can order and pay for lunch orders online by direct deposit, credit card or Paypal. You can even set up regular orders!



Just go to flexischools.com.au from your computer or download the app on your mobile device.

Login or register for an account to get started.

It's free to register and very easy to use.

# Traffic light system

Our canteen uses the traffic light system to sort foods and drinks according to their nutritional value and amount of fat, fibre, sugar and salt.

We sell *green* (everyday) and *amber* (sometimes) foods and drinks in the canteen. *Red* items such as lollies and chips are not on the canteen menu.



