

Our Lady of the Assumption Primary School

CANTEEN MENU 2023

Fridays

Order your lunch online at www.flexischools.com.au

Sandwiches

All sandwiches are made on wholemeal bread unless requested (see extras)

♦ Ham	\$4.00
♦ Ham and cheese	\$4.50
♦ Ham and salad	\$6.00
♦ Egg and mayonnaise	\$2.50
♦ Egg and lettuce	\$3.00
♦ Curried Egg	\$2.50
♦ Tuna	\$4.70
♦ Tuna and lettuce	\$5.20
♦ Tuna and salad	\$6.70
♦ Chicken	\$5.00
♦ Chicken and lettuce	\$5.50
♦ Chicken and salad	\$7.00
♦ Salad (with the lot)	\$5.00
♦ Cheese	\$3.00
♦ Cheese and tomato	\$3.50
♦ Vegemite	\$2.50
♦ Vegemite and Cheese	\$3.00

EXTRAS:

♦ White	no extra charge
♦ Original 9 Grain	\$0.80
♦ Gluten Free Bread	\$1.00
♦ Wrap	\$1.00
♦ Roll	no extra charge
♦ Additional fillings lettuce, tomato, cucumber, grated carrot, beetroot cheese slice or boiled egg	60¢each

Jaffles/Toasted Sandwiches

♦ Ham and Cheese	\$4.50
♦ Ham, Cheese and Tomato	\$5.00
♦ Tuna and Cheese	\$5.50
♦ Cheese	\$3.00
♦ Cheese and Tomato	\$3.50
♦ Cheese and Vegemite	\$3.00
♦ Baked Beans	\$5.00
♦ Egg	\$3.50
♦ Apple & Cinnamon	\$4.00

Salad Boxes – all salads have lettuce, tomato, carrot, cucumber with a French Dressing sachet)

♦ Garden Salad	\$5.00
♦ Egg Salad	\$5.50
♦ Ham Salad	\$6.50
♦ Tuna Salad	\$7.00
♦ Chicken Salad	\$7.00

Hot foods

♦ Beef Pan Roll (2 per pack)	\$4.00
♦ Folded Pizza – Cheese (Calzone)	\$5.50
♦ Chicken Nugget (breast)	each \$0.85
♦ Gluten Free Chicken Tender	each \$2.50
♦ Meat Pie	\$5.00
♦ Party Pie	\$1.60
♦ Sausage Roll	\$3.80
♦ Party Sausage Roll	\$1.60
♦ Chicken Burger	\$5.00
♦ Vegetarian Burger	\$5.00
♦ Hot Dog	\$4.00
♦ Tomato Sauce	\$0.25
♦ Fresh Corn Cob (TERM1&4)	\$2.50
♦ Hot Potato with either cheese or sour cream (TERM 2&3)	\$5.00

Drinks

♦ Flavoured Milk – strawberry, chocolate, honeycomb	\$3.00
♦ Just Juice Drink – Apple or Paradise Punch	\$2.00

Fresh Fruit

♦ Frozen Pineapple Slice	\$0.60
♦ 3 fruits Fresh Fruit Salad	\$2.70
♦ Seasonal Fruit: watermelon(term1&4) apple (term2&3)	\$0.70

Bakery Treats – cooked fresh

(recipe changes fortnightly, check newsletter)

♦ Slice/Biscuit/Muffin	50¢ each
♦ Gluten Free Banana Muffin	90c each
♦ Popcorn	\$1.00

Frozen Treats

♦ Zooper Dooper	\$0.60
♦ Frozen Pineapple	\$0.60
♦ Smooze Fruit Ice-Mango	\$1.35

***Frozen Treats will be supplied at lunch time
on presentation of lunch order bag***

About The Canteen Menu

A LIST OF INGREDIENTS IS AVAILABLE AT THE OFFICE.

Sandwiches and Jaffles

- Wholemeal bread is used (please indicate if you would prefer white bread)
- Gourmet bread is a grain bread (please indicate)
- All toasted sandwiches have margarine spread on the outside (not inside)
- Mayonnaise is used on all sandwiches, with the exception of vegemite. Please indicate if you would like margarine or nothing.
- All tuna sandwiches are mixed with a small amount of mayonnaise (stops the tuna being so dry).
- Salad ingredients are generous in the amounts included in the sandwich (ie: about 4 slices tomato). The ingredients are cheese, grated carrot, cucumber, tomato, beetroot and lettuce.

Salads

- Salads are made fresh and include lettuce, tomato, grated carrot, continental cucumber slices and a slice of cheese. The French dressing is in a sachet.
- Beetroot is included only on request.
- Egg is halved for the salad and chicken is sliced.
- They come in a medium rectangle plastic container with lid and fork.

Fresh Fruit

- Fruit is served based on the Australian Dietary Guidelines serves of fruit. Each fresh fruit serve offered at the canteen counts as a piece of fruit. Remember 2 or more is the recommended amount to be eaten by school children each day.
- The fruit served is cold from the fridge.
- The fruit salad is sliced or diced fruit when necessary and served in disposable plastic container.
- Pineapple slice is a canned sliced pineapple ring frozen.

Hot Foods

- Chicken nuggets and Tenders are made from chicken breast and baked in the oven.
- 1 Chicken Tender equals approx. 2 nuggets.
- Beef Pan Rolls are an Indian inspired crepe filled with meat and vegetable rolled and crumbed then baked. 2 per serve, a great alternative to pies or sausage rolls.
- A Folded Pizza is a pizza with cheese folded in half. This keeps the filling in and not stuck to the pack.
- All pastry foods meet the amber recommendations as stated in 'Healthy Together' Canteen regulations.
- Meat pies are the long 'traveller' version, which is easier for children to eat.
- Chicken burger has a little mayonnaise and lettuce.
- Corn cob is fresh corn not frozen and is about 8cm long.
- Baked potato comes with the choice of grated cheese or sour cream. They are served in a disposable container with a fork.

Drinks

- All drinks meet the recommendations as stated in 'Healthy Together' Canteen regulations.
- Flavoured milk is low fat.

Bakery Treats

Biscuit and a Slice will be available from the canteen cooked fresh each morning for lunch-time. The variety will be different each fortnight, check the newsletter. They will be healthy with minimal fat and low-fat dairy products used.

Snack Foods

- Popcorn is freshly popped with no extras (e.g.; butter, sugar, salt) added.
- Rice Bubble Slice is homemade and contains no egg. Only available over the counter at lunch time.

NUT-FREE CANTEEN

This canteen is nut-free. No nut products are used in the canteen. A complete ingredient listing of pre-prepared food is available in the office.

ORDERING LUNCHES- Online

www.flexischools.com.au is the online service you can use to order your children's lunches.

Initially you are required to set up an account. One account per family this can then be used for all the children in the family. If you have any queries about it please call into the canteen or ring flexischools (1300 361769)

Thanks Luisa & Donna