

BAKED IN THE CANTEEN  
FRESH NEXT WEEK

**Choc-Coconut Slice**

**100's & 1000's Biscuits**

**50¢ each**



BAYSIDE CANTEENS

## WHAT'S HAPPENING IN THE CANTEEN THIS TERM?

Watermelon is in season so gone are the slinky apples and hello nice big fat juicy pieces of watermelon.

Fruit Salad will get a spring/summer makeover and now have watermelon, Stonefruit (when in season in the next few weeks) and pears or oranges until the grapes from Australia come into season.

Frozen Pineapple is a healthy way to cool down on those warmer days and the bonus is it counts as a piece of fruit. (everyone should eat between 2 -3 pieces of fruit a day).

It is going to start getting hotter and it's not their season so Hot Potatoes aren't available during Term 4.

Each fortnight the baked items will change so keep an eye on the newsletter to keep you updated.

If you have ordered a frozen item in your lunch order remember to join the lunchbag queue at the canteen to get your frozen item. You do need to bring your bag to claim your frozen item.

**Order Your Lunches Online.** No need to find the coins or paperbag to write lunch orders on...it's so easy. Go to [www.flexischools.com.au](http://www.flexischools.com.au) and sign up.

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