

OAK FLATS PUBLIC SCHOOL CANTEEN MENU 2020



Our school canteen is open every day of the school year

Healthy eating and good nutrition are promoted at Oak Flats Public School using the NSW Healthy School Canteen Strategy.

TERM 1 AND 4 ONLY

| | |
|------------------|--------------|
| Fruit Salad..... | Small \$3.00 |
| | Large \$5 |

TERM 2 AND 3 ONLY

| | |
|---|-----------------------------|
| Soup - choice of <u>Pumpkin or Chicken noodle</u> | |
| \$3.50 | Both come with a bread roll |

JAFFLES

| | |
|---------------------------|--------|
| Spaghetti..... | \$2.00 |
| Spaghetti & cheese..... | \$2.00 |
| Baked Beans..... | \$2.00 |
| Baked Beans & cheese..... | \$2.00 |

WRAPS OR TUBS

| | |
|--------------------|--------|
| Salad..... | \$4.00 |
| Tuna Salad..... | \$4.70 |
| Ham Salad..... | \$4.70 |
| Chicken Salad..... | \$4.70 |

Salad consists of carrot, tomato, beetroot, cucumber and lettuce

SANDWICHES

| | |
|--------------------------|--------|
| Vegemite..... | \$1.20 |
| Jam..... | \$1.20 |
| Cheese..... | \$1.50 |
| Cheese and Vegemite..... | \$1.70 |
| Salad..... | \$3.50 |
| Tuna..... | \$3.50 |
| Chicken..... | \$3.50 |
| Ham..... | \$3.00 |
| Ham & Cheese..... | \$3.20 |
| Tuna Salad..... | \$4.00 |
| Chicken salad..... | \$4.00 |
| Ham salad..... | \$4.00 |

TOASTED ADD 30c

EXTRAS

| | |
|---|---------------|
| Cheese..... | \$0.30 |
| Tomato or BBQ sauce..... | \$0.30 |
| Extra Topping..... | \$0.20 |
| Fork or Spoon..... | \$0.10 |
| <i>(for items not purchased at the canteen)</i> | |
| Lunch bag..... | \$0.20 |

If insufficient money is enclosed, Lunch order will be modified to suit.

BREAKFAST MENU: 8:30-8:45AM

| | |
|--|--------|
| Milo Cereal | \$1.50 |
| Custard..... | \$1.00 |
| Fruit bags..... | \$0.80 |
| Apple Slinky..... | \$0.80 |
| English Muffin..... | \$0.50 |
| Toast..... | \$0.30 |
| (Available with vegemite, Jam or just Margarine) | |
| Add a slice of cheese extra 30c | |

HOT CHOCOLATE - Term 2 and 3 only

| | |
|--------------|--------------|
| Small \$1.00 | Large \$2.00 |
|--------------|--------------|

SNACK SHACK

| | |
|-------------------------------|--------|
| Fruit or fruit bags..... | \$0.80 |
| Apple Slinky..... | \$0.80 |
| Cheese & Crackers..... | \$0.60 |
| Yoghurt..... | \$1.00 |
| Custard..... | \$1.00 |
| Jelly & Custard..... | \$1.00 |
| Rice sticks..... | \$1.00 |
| <i>(Cheese or Chicken)</i> | |
| Muffins..... | \$1.00 |
| Red Rock Chips- Sea Salt..... | \$1.50 |

DRINKS

| | |
|--|--------|
| 600ml water..... | \$1.50 |
| 200ml popper..... | \$1.50 |
| <i>(Apple, Apple/Blackcurrant or Orange)</i> | |
| 300ml Milk..... | \$2.00 |
| <i>(chocolate, strawberry or bananas)</i> | |
| 250ml Up & Go..... | \$2.20 |
| <i>(Chocolate, caramel, vanilla or strawberry)</i> | |
| 250ml Chill J Juice..... | \$2.20 |
| <i>(Watermelon, grape and raspberry)</i> | |

FROZEN TREATS

| | |
|---------------------------------------|--------|
| Custard pots..... | \$0.25 |
| Milk pots..... | \$0.25 |
| Juice sticks..... | \$0.40 |
| Frozen fruit..... | \$0.50 |
| Quelch Ice-Block..... | \$0.70 |
| Yoghurt pop..... | \$0.80 |
| Watermelon ice block..... | \$1.00 |
| Juicy..... | \$1.50 |
| <i>(Lemonade or Wild berry)</i> | |
| Moosies..... | \$1.50 |
| <i>Chocolate or Blue (Bubble gum)</i> | |
| Slurpy..... | \$2.20 |
| Sour Snap- stix..... | \$1.20 |

ALL FROZEN TREATS ORDERED WITH LUNCH NEED TO BE COLLECTED FROM THE CANTEEN. PLEASE BRING YOUR LUNCH BAG TO THE CANTEEN

ONLINE ORDERING

- Download our app "Qkr" from your app store
- Orders close at 8:50am DAILY
- Only pay for your order (no fees)
- Orders can be placed days in advance

HOT FOOD

HOMEMADE HOT FOOD

| | |
|--|--------|
| Pizza..... | \$2.80 |
| <i>(choose from Meat lovers, Hawaiian, Ham & cheese or Cheese)</i> | |
| Nachos..... | \$3.50 |
| Mac & Cheese..... | \$3.50 |
| Pasta Bolognaise..... | \$3.50 |
| Tacos..... | \$3.50 |
| Honey soy chicken & rice..... | \$3.50 |
| Spaghetti & meatballs..... | \$3.50 |
| Fried Rice..... | \$3.50 |

OTHER HOT FOOD

| | |
|--------------------------|-------------|
| Meat pie..... | \$3.60 |
| Sausage roll..... | \$2.80 |
| Party Pies: Limit 3..... | \$1.20 each |
| Cheesy garlic bread..... | \$1.20 |
| Hot Cheese roll..... | \$1.20 |
| Corn Cob..... | \$1.20 |

CHICKEN BURGERS

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|--------------------------|--------|
| Flame Grilled or Crumbed | |
| With Salad..... | \$4.70 |
| With Lettuce & Mayo..... | \$4.00 |

CHICKEN OR FISH FINGERS

| | |
|-------------|--------|
| 3 pack..... | \$2.10 |
| 5 pack..... | \$3.50 |

GLUTEN FREE

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|---|--------|
| Chicken Nuggets (5 pack)..... | \$3.50 |
| Other gluten free snacks available | |

CANTEEN INFORMATION

- All everyday combo deals are available online only.
- We are hoping to have 1 special meal deal per term in week 6, which will only be available online.

Please help - We need VOLUNTEERS

In order to continue to use the childrens reusable bags for online ordering, the canteen staff need a volunteer in the morning between 9am-10am to help.

RECESS FOOD

Come to the canteen and see what's cooking. Each day is different. E.g. Pikelets, Baked potatoes, Scrolls, Fruit kebabs, Cheese toast and more.