

STACKS CANTEEN MENU TERM 4, 2017

OPEN THURSDAYS & FRIDAYS

COUNTER SALES



Air popped popcorn	20c
Garlic bread (Recess only)	30c
Weetbix mini bites berry	50c
Savoury snack pack (Popcorn, pretzels and weetbix berry bites)	50c
Vege cups (cucumber/carrots/corn kernals)	80c
Seasonal Fruit (banana, apple or pear slinky, mandarine, watermelon cup)	80c
Noodle cup	80c
Pizza Slice (Recess only)	\$1.00
Fruit with Low fat Custard	\$1.20
Low Fat Custard	\$1.00
Ovalteenies	\$1.00
Chip packet varieties	\$1.00

Homemade items will vary and depend upon
volunteer support



JUST A REMINDER

If your child's order is forgotten or lost, an emergency sandwich will be made for them by the front office, and a note will be sent home.

If your child has specific dietary requirements please feel free to contact me.

CANTEEN MANAGER



Paula Papandrea

0402 366 755



!HELP NEEDED!

**Do you have a WWVP card?
30mins, 1 hour or longer to
spare at drop off or during
the day?**

**It's as easy as packing your
child's lunchbox!**

**Come in, meet other parents
and enjoy a hot cappuccino!**

**The canteen relies on the
generosity of our volunteers
to maintain a smooth service.
please contact me if you can
be of assistance.**

Send your lunch order on a brown paper bag with your child's name, class and order clearly written on the front of your bag. Enclose your money by folding bag into quarters. Correct change is appreciated!

Please NO sticky tape or staples!

Place the order into the class tub in the morning.

OR

Order Your Lunch
The Fun & Easy Way!

Our school canteen uses
Online Ordering



- Replaces paper bag orders
- Pre-paid online. No cash required
- Faster and more accurate
- Order in the morning or a week in advance

A parent or guardian will need to register on the website to order from the online menu. Instructions below ..

Registration is easy and free!

Using any PC, go to www.flexischools.com.au

1) Click Register Now! and enter your email

2) You are emailed a link to the online form.

Choose your own username and password and enter your contact details

4) For each child, click "Add a student" and follow the prompts to place an order

You will be required to top-up your pre-paid account. VISA or Mastercard preferred.

If you need help, please contact [flexischools](http://www.flexischools.com.au)

Call 1300 361 769

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OPEN THURSDAYS & FRIDAYS



SANDWICHES

Wholemeal or White
By lunch order only

Jam, Honey, Salt Reduced Vegemite	\$2.00
Low Fat Cheese, Baked bean , Spaghetti	\$2.20
Ham, Egg, Salad	\$2.50
Roast Chicken	\$2.80
EXTRAS	
Low fat Mayo or sauce	30c
lettuce, tomato, carrot, cucumber, cheese	50c ea
Toasted Sandwich	50c

SALADS

By lunch order only



<u>Garden Salad</u> -lettuce, tomato, cucumber, carrot and balsamic dressing	Small \$2.50 Large \$3.50
<u>Roast Chicken Salad</u> -Lettuce, tomato, cucumber, carrot and balsamic	Small \$3.00 Large \$4.50
<u>Chicken Ceasar</u> - Lettuce, bacon, cheese, chicken, egg and low fat ceasar dressing	Small \$3.50 Large \$5.00
EXTRAS	
Cheese, bacon, egg	50c each



DRINKS

Bottled Water 600ml	\$1.00
Cup of low fat milk	\$ 1.00
Cup of Milo (warm or cold)	\$1.00
100% Just Juice 200ml	\$1.20
Apple/B'currant, Apple, Paradise punch, Orange, Orange &Mango	
300ml Moove	\$1.80
(Chocolate or Strawberry)	
SLUSHY	
Fruities cordial 50 % fruit juice no thing artificial	\$1.00

MISCELLANEOUS

Tomato or BBQ sauce	30c
Brown paper lunch bag	20c
Extra fork/spoon	20c
CLOTHING POOL	
Legionnaires hat (new)	\$8.00
Bucket hat (new)	\$10.00
Uniform items	\$5.00
(in used, good condition)	
School Bags	
(in used, good condition)	\$10.00

PLEASE NOTE

Prices are subject to change
All items are subject to availability
All attempts will be made to substitute items of similar product/cost in such a case

HOT FOOD

By Lunch order only



Corn on the Cob	80c
Boiled Egg	80c
Hash Brown	\$1.50
Chicken Dino Nuggets (bag of 3)	\$2.00
Chicken Dino Nuggets (bag of 6)	\$4.00
Spring Rolls (Bag of 3 Large)	\$2.20
Mrs Macs Good Eating Range	
Meat Pie 120 gram	\$2.80
Meat Pie 200 gram	\$3.50
Sausage Roll 120 gram	\$3.00
Mrs Macs Spinach & Ricotta Roll 140 gram	\$3.00
Nachos with salsa and cheese	\$3.00
Baked Bean Nachos with cheese	\$3.00
Sour cream extra	50c
Bolognese Pasta Twista	\$3.80
(with hidden veg! sh! don't tell!)	
Low fat Tasty Cheese extra	50c
Original Mac & Cheese	\$3.50
Snack Pack (3 spring rolls and 4 nuggets)	\$4.50
Tomato or BBQ sauce	30c



FROZEN ITEMS

Frozen Pineapple Rings	50c
Quelch Berri Fruit Tube	50c
Lemonade Icy Pole	\$1.00
Mini Callipo	\$1.00
Vanilla Cup ice cream	\$1.20
Paddle Pop (Choc or Strawberry)	\$1.50
Frozen Yogurt	\$1.50