



*Volunteers are always welcome and appreciated. Shifts available, half day, full day, weekly, monthly or term.*

## **BRISBANIA PUBLIC SCHOOL CANTEEN MENU 2014**

*Fresh Tastes @ School*

*Member of the New South Wales Canteen Association*

*Winner Central Coast Canteen Awards 2010, 2011, 2012, 2013*

*Open Monday to Friday 8.30am till 1.20pm*

*For information, please contact the Canteen Manager on 43691246 and ask for the Canteen*

**FLEXISCHOOLS ONLINE ORDERING AVAILABLE FROM MONDAY 31<sup>st</sup> MARCH 2014**

**GO TO [www.flexischools.com.au](http://www.flexischools.com.au)**

### **Breakfast (8.30-8.45 only)**

Toast - Plain, Vegemite or Strawberry Jam.....	0.50
Cereal Cups - Nutri Grain or Corn Flakes.....	1.00
Hot Milo.....	1.00
Cheese & Bacon Roll.....	1.50
Fruit juice 200ml (Orange or apple).....	1.90
Up & Go.....	2.00

***Students must ask permission from the duty teacher before going to canteen. Children must go in pairs not groups. Children must sit on the silver seats to eat their breakfast.***

### **Recess (at recess only)**

¼ Assorted bread (limit of 4 quarters).....	0.10
¼ Frozen orange.....	0.20
Frozen mini milk sticks.....	0.30
Homemade pikelet (served with butter or jam).....	0.50
Hash brown.....	0.90
Apple slinky.....	0.90
Zing Yoghurt.....	1.00
Mini hot dog.....	1.00
Homemade pizza sub.....	1.20
Cheese toastie (4 quarters).....	1.20
Jumpys.....	1.20

***Recess items may be pre-ordered. Please supply a separate bag or 20c to cover the cost of one.***

***Check the blackboard for daily specials***

### **Drinks - Recess**

Hot chocolate (term 2 only).....	1.50
Water 350ml.....	1.50
Flavoured milk (Choc, strawberry and banana).....	1.90
Fruit juice 200ml (Orange or apple).....	1.90

### **Lunch (must be pre-ordered)**

Chickadee yummy drummy.....	1.20
Hot cheese roll.....	2.50
Thompsons lean beef sausage roll.....	2.50
Hans low fat hot dog.....	3.00
Hans low fat hot dog with tomato or bbq sauce.....	3.35
Ham and pineapple pizza single (homemade).....	3.50
Thompsons lean beef meat pie.....	3.50
Lean beef lasagne (homemade with container & fork).....	4.00
Mac cheese (homemade with container & fork).....	4.00

### **Super Salad Boxes (Includes container and fork)**

All Served with lettuce, tomato, cucumber, beetroot, carrot

**Salad** (All salad and a slice of buttered bread).....4.00

#### **Roast chicken salad**

(All salad, add diced chicken).....5.00

#### **Chicken tender salad**

(All salad, add a chicken tender).....5.00

#### **Ham salad**

(All salad, add leg ham slices).....5.00

#### **Tuna salad**

(All salad, add tuna).....5.00

#### **Hawaiian salad (NEW)**

(All salad, add pineapple and cheese).....5.50

### **Meal Deal**

#### **Salad Box**

(All salad, buttered bread and a bottle of water).....4.50

***Students NAME and CLASS to be written on the outside of the bag***

***Please place all recess and lunch orders in separate bags***

***Please supply an extra 20 cents to cover the cost of bags if you do not have one***

***All orders must be paid for on the day, credit is not available***

***All orders must be received by 9.30am. Change owing will be taped to the outside of the bag.***

- Recess orders are to be collected from the canteen. Lunch orders are sent to classrooms.
- Please add an extra 20 cents if you need the canteen to supply a bag. 10 cents for a spoon/fork.
- Slushies/frozen items will not be placed into lunch bags. Slushie orders will have a ticket placed into the bag for the children to claim their slushie. Children will need to present their lunch bag to claim other frozen items.
- **Emergency Lunch.** If your child is sent to the canteen for an emergency lunch e.g. they have left their lunch box at home, lunch will be substituted with left over hot food or a sandwich will be made. A note will be sent home for payment the next day.
- Sorry no food to be re-heated from home. This is against food standard 3.2.2.
- The canteen always needs volunteers. Please speak to the canteen manager for available days and times.

## LUNCH

### Gourmet Wraps

(HLT) Ham, lettuce, tomato .....	4.00
Hawaiian (ham, cheese, pineapple).....	4.00
<b>Chicken Wrap</b>	
(Tender, lettuce, tomato, sweet chilli & mayo).....	4.00
<b>Cheesy Chicken Wrap (NEW)</b>	
(Tender, lettuce, tomato, cheese, sweet chilli & mayo).....	4.50
<b>Chicken Caesar Wrap</b>	
(Tender, lettuce, tomato, bacon pieces and caesar).....	5.00
<b>Chicken Jumbo Wrap</b>	
(Tender, lettuce, tomato, cucumber, beetroot, carrot).....	5.50

### Gourmet Burgers

<b>Chicken Burger</b>	
(Pattie, lettuce, and low fat mayo).....	4.00
<b>Chilli Chicken Burger</b>	
(Pattie, lettuce and sweet chilli sauce).....	4.00
<b>Cheesy Chicken Burger (NEW)</b>	
(Pattie, lettuce, cheese and low fat mayo).....	4.50
<b>Chicken Caesar Burger</b>	
(Pattie, lettuce, bacon pieces and caesar).....	4.50
<b>Chicken Jumbo Burger</b>	
(Pattie, lettuce, tomato, cucumber, beetroot, carrot).....	5.50

### Toasties

Cheese.....	2.50
Baked beans.....	3.00
Cheese and tomato.....	3.50
Ham and cheese.....	3.80
Ham, cheese and tomato.....	4.00
Ham, cheese and pineapple.....	4.00
Chicken, cheese and mayo.....	4.50

### Extras

Tomato, cucumber, beetroot, carrot.....	0.40
Cheese.....	0.50

### Miscellaneous Items

Plastic spoons.....	0.10
Plastic forks.....	0.10
Paper lunch bags.....	0.20
Tomato sauce.....	0.35
Barbeque sauce.....	0.35
Sticky beaks lunch wallets.....	8.00

*We value the health and safety of our children. If you suffer from any food allergy or intolerance please inform the office and the canteen manager.*

### Sandwiches (Prepared on white or wholemeal)

#### Add 50c extra for rolls and wraps

Vegemite.....	1.80
Jam.....	1.80
Cheese.....	2.30
Baked Beans.....	2.30
Cheese and tomato.....	2.70
Ham.....	3.00
Ham and cheese.....	3.30
Tuna.....	3.30
Ham, cheese and tomato.....	3.50
Roast chicken.....	3.80

### Salad Sandwiches (Prepared on white or wholemeal)

#### Add 50c extra for rolls and wraps

Salad.....	3.80
Ham and salad.....	4.00
Cheese and Salad.....	4.30
Tuna and salad.....	4.30
Chicken and salad.....	4.80

### Drinks – Lunch

Water 350ml.....	1.50
Flavoured milk (Choc, strawberry and banana).....	1.90
Fruit juice 200ml (Orange or apple).....	1.90
Slushies.....	2.00

### Frozen Lunch Treats

Penguins.....	0.20
Frozen orange ¼ .....	0.20
Frozen mini milk sticks.....	0.30
Streets Fruit Stack.....	0.60
Ice many pop.....	0.80
Bevco frozen juice cup.....	1.00
Zing yoghurt.....	1.00
TNT sour ice pop.....	1.00
Slushies.....	2.00

### **Canteen Nutrition Information**

Canteen food across NSW is categorised according to nutritional content. To make choosing the right foods for children easy a "TRAFFIC LIGHT" system has been introduced. **GREEN** foods are healthy choices, **AMBER** is for sometimes, and **RED** foods are special occasion foods and are not allowed to be sold by school canteens except on special occasions.

Anyone cancelling an order of perishable food who does not inform the canteen before their lunch is cooked or made **will not** be given a refund. They may however take their lunch with them.