



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

BRISBANIA PUBLIC SCHOOL CANTEEN MENU 2016

Fresh Tastes @ School

Member of the New South Wales Canteen Association

Winner Central Coast Canteen Awards 2010, 2011, 2012, 2013, 2014 & 2015

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 GO TO www.flexischools.com.au

Breakfast (8.30-8.45 only)

Toast - Plain, Vegemite or Strawberry Jam.....	0.50
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
Homemade muffins small (plain or banana).....	0.50
Homemade muffins large (plain or banana).....	0.90
Apple slinky.....	0.90
Hash brown.....	1.00
Zing Yoghurt.....	1.00
Homemade pizza sub.....	1.00
Cheese toastie (4 quarters).....	1.00
Jumpys.....	1.00

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 Milo.....	1.00
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 & in lunch basket on counter by 9am)

Chickadee yummy drummy.....	1.30
Cheese and bacon roll.....	1.50
Hot cheese roll.....	2.60
Thompsons lean beef sausage roll.....	2.60
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.....	3.60
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).....4.50

Roast chicken salad

(All salad, add diced chicken).....5.50

Chicken tender salad

(All salad, add a chicken tender).....5.50

Ham salad

(All salad, add leg ham slices).....5.50

Tuna salad

(All salad, add tuna).....5.50

Hawaiian salad

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

Salad Meal Deal

Salad Box

(All salad, buttered bread and a bottle of water).....5.00

*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 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	4.50
Hawaiian (ham, cheese, pineapple).....	4.50
Chicken Wrap	
(Tender, lettuce, tomato, sweet chilli & mayo).....	4.50
Cheesy Chicken Wrap	
(Tender, lettuce, tomato, cheese, swt/chilli & mayo)...	5.00
Chicken Caesar Wrap	
(Tender, lettuce, tomato, bacon pieces and caesar).....	5.50
Chicken Jumbo Wrap	
(Tender, lettuce, tomato, cucumber, beetroot, carrot).....	5.50

Gourmet Burgers

Chicken Burger	
(Pattie, lettuce, and low fat mayo).....	4.00
Chilli Chicken Burger	
(Pattie, lettuce and sweet chilli sauce).....	4.00
Cheesy Chicken Burger	
(Pattie, lettuce, cheese and low fat mayo).....	4.50
Chicken Caesar Burger	
(Pattie, lettuce, bacon pieces and caesar).....	5.00
Chicken Jumbo Burger	
(Pattie, lettuce, tomato, cucumber, beetroot, carrot).....	5.50

Toasties

(Prepared on white, wholemeal or GLUTEN FREE Bread)

Add \$1.00 for GLUTEN FREE Bread

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, wholemeal or GF Bread)

Add 50c for rolls and wraps.

Add \$1.00 for GLUTEN FREE BREAD

Vegemite.....	1.90
Jam.....	1.90
Cheese.....	2.30
Baked Beans.....	2.50
Cheese and tomato.....	3.00
Ham.....	3.00
Ham and cheese.....	3.30
Tuna.....	3.30
Ham, cheese and tomato.....	3.50
Roast chicken.....	3.80

Salad Sandwiches (white, wholemeal or GLUTEN Free)

Add 50c for rolls and wraps. \$1.00 for GF Bread

Salad.....	3.60
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, Dolphins (apple/orange juice).....	0.10
Frozen orange ¼	0.20
Frozen mini milk sticks.....	0.30
Quelch fruit Stick.....	0.60
Ice many pop.....	0.80
Moosies.....	1.00
Bevco frozen juice cup.....	1.00
Juicies (Iemonade).....	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.*