

MENU FOR WINMALEE PUBLIC SCHOOL - TERM 1, 2018

In accordance with the Healthy Canteen Strategy, items marked with an "O" indicate "Occasional" foods.

Winmalee school canteen is now receiving orders online through Flexischools. Please log onto the website to join.

All orders received over the counter will incur a \$1 surcharge.

CRUNCH N' SIP AND BREAKFAST - Students are asked to please come to the canteen to collect these items.	
Crunch n sip apple slices	\$2.00
Crunch n sip orange slices	\$2.00
Crunch n sip carrot sticks	\$2.00
Bag of apple slices	\$1.20
Bag of orange slices	\$1.20
Fruit salad	\$3.00
Vanilla yoghurt with homemade, nut-free muesli	\$3.00
Toasted cheese sandwich/wrap	\$2.00/\$2.50
Toasted cheese & ham sandwich/wrap	\$2.50/\$3.00
Toasted cheese & tomato sandwich/wrap	\$2.50/\$3.00
Toasted ham, cheese & tomato sandwich/wrap	\$2.90/\$3.30

RECESS - Students are asked to please come to the canteen to collect these items.	
Bag of apple slices	\$1.20
Bag of orange slices	\$1.20
Fruit salad	\$3.00
Vanilla yoghurt with homemade, nut-free muesli	\$3.00
Homemade cookie (O)	\$0.60
Toasted cheese sandwich/wrap	\$2.00/\$2.50
Toasted cheese & ham sandwich/wrap	\$2.50/\$3.00
Toasted cheese & tomato sandwich/wrap	\$2.50/\$3.00
Toasted ham, cheese & tomato sandwich/wrap	\$2.90/\$3.30
Carrot sticks with homemade hommus	\$2.00
Cheese & crackers	50c
Plain popcorn	\$1.20

LUNCH - Sandwiches (white or grain), rolls (add 50c) wraps (add 50c) or gluten-free bread (add \$1.50)	
Plain bread (2 slcies) or plain roll	\$1.50
Buttered bread (2 slices) or buttered roll	\$1.50
Vegemite	\$2.00
Tasty cheese (reduced fat)	\$2.20
Tasty cheese (reduced fat) & tomato	\$2.60
Egg	\$3.00
Curried egg	\$3.30
Leg ham	\$2.80
Leg ham & tasty cheese (reduced fat)	\$3.40
Premium grade tuna	\$3.80
Chicken breast (steamed)	\$3.80
Salad	\$4.00

EXTRAS	
Lettuce, tomato, cucumber, beetroot, tomato, onion	40c each
Full salad	\$2.00
Tasty cheese	60c
Pickles, chutney, mayo, cranberry or mustard	30c
Tomato or BBQ sauce (squeezed on, not portions)	30c

SALAD TUBS (sporks included)	
Plain salad with dressing	\$4.00
.....add cheese or egg or ham	\$4.60
.....add tuna or chicken	\$5.00
Caesar salad / Chicken Caesar	\$5.00 / \$6.00

Please log on to flexischools.com.au to order or simply to view our entire menu.

HOT FOOD - tray meals include sporks.	
Homemade pasta Bolognese	\$3.50
Homemade pasta Napolentena (vegetarian)	\$3.50
Homemade macaroni cheese (reduced fat)	\$3.50
Homemade fried rice (g.f)	\$3.50
Bakery sausage rolls (O)	\$3.20
Bakery meat pies (O)	\$3.80
Spinach & cheese rolls (O)	\$4.20
Cheese & tomato pizza (O)	\$3.20
Cheese & ham pizza (O)	\$3.50
Nuggets, bag of 5 (O)	\$2.50
Tomato sauce portion	30c
BBQ sauce portion	40c
Spoons or sporks (tray meals include sporks)	20c

DAILY SPECIALS - sporks included in tray/salad meals	
MONDAY - Grilled chicken burger	\$4.20
TUESDAY - Hot dog (plain, tomato or BBQ sauce)	\$3.20
WEDNESDAY - Chicken tender burger	\$4.20
THURSDAY - Cheeseburger (O) (plain, tomato or BBQ sauce)	\$4.20
FRIDAY - Ravioli in homemade Bolognese sauce	\$4.20

GLUTEN FREE - orders only	
Steamed basmati rice with gluten-free soy sauce	\$2.00
Pasta Napolentana	\$4.00
Fried rice	\$3.50

LUNCH PACKS	
(Sandwich or hot meal, bottle of water, homemade cookie, carrot sticks)	
Vegemite, jam or honey	\$4.30
Cheese	\$4.80
Vegemite & cheese	\$4.80
Ham	\$5.10
Ham & cheese	\$5.70
Egg	\$5.30
Egg & lettuce	\$5.70
Chicken & mayo	\$6.10
Chicken, lettuce & mayo	\$6.50
Nuggets x 5 (O)	\$4.80
Nuggets x 8 (O)	\$4.00
Macaroni cheese	\$5.80
Fried rice (gf)	\$5.80
Pasta Bolognese	\$5.80

DRINKS AND FROZEN ITEMS	
Whole milk	\$1.20
Small flavoured milk	\$2.20
Just Juice - 100% juice	\$1.60
Water	\$1.50
Frozen juice cups	\$1.00
Frozen Quelch sticks (no added sugar)	50c
Bulla vanilla ice cream cup (O)	\$2.00
Moosies	\$1.30
Twisted frozen yoghurt	\$2.50

TREATS	
Smiths original chips (O)	\$1.50
Cookie of the day (O)	50c
Eucalyptus drops (O)	\$1.00
Popcorn	\$1.20