



RANDWICK PUBLIC



SCHOOL CANTEEN MENU 2019

BREAKFAST

● Plain Toast – 1 Slice	\$1.00
● Plain Toast – 2 Slices	\$2.00
● Cheese Jaffle – Half	\$1.50
● Cheese Jaffle – Full	\$2.50
● Ham & Cheese Jaffle	\$3.50

SANDWICHES & WRAPS

● Vegemite or Jam	\$2.50
● Cheese	\$2.50
● Cheese & Vegemite	\$3.00
● Cheese & Tomato	\$3.50
● Ham & Cheese	\$3.50
● Salad	\$4.00
● Cheese & Salad	\$4.50
● Tuna, Lettuce & Mayonaise	\$4.00
● Ham, Cheese & Tomato	\$4.00
● Chicken & Salad	\$4.00
● Chicken, Lettuce & Mayonaise	\$4.00
● Egg, Lettuce & Mayonaise	\$4.00

	<u>1/2 Wrap</u>	<u>Full Wrap</u>
● Chicken Caesar Wrap	\$4.00	\$5.50
● BBQ Meat Lovers Wrap	\$4.00	\$5.50
● Ham, Cheese & Pineapple Wrap	\$4.00	\$5.50
● Cheese & Spinach Wrap	\$4.00	\$5.50

BIG CRUNCH SUSHI - Gluten & Dairy Free

● Chicken Teriyaki & Cucumber Roll	\$4.00
● Tuna & Cucumber Roll	\$4.00
● Cucumber Bite Box – Vegetarian	\$4.00
● Avocado Bite Box – Vegetarian	\$4.00

SALADS

● Fruit Salad Tub	\$3.50
● Water Melon Tub	\$3.50
● Garden Salad – Vegetarian	\$5.00
● Greek Salad – Vegetarian	\$5.00
● Greek Salad with Grilled Chicken	\$5.50
● Garden Salad with Grilled Chicken	\$5.50
● Caesar Salad with Grilled Chicken	\$5.50

HOT FOOD

● Homemade Veg Fried Rice	\$3.50
● Lean Sausage Roll	\$4.00
● Lean Fat Pie	\$4.00
● Baked Chicken Nuggets	\$4.00
● Sausage Sizzle – Tuesday Only	\$4.00
● Nachos – Thursday Only	\$5.00
● Corn Cob	\$1.50
● Home Made Pasta Bolognese	\$4.00
● Home Made Lasagna	\$4.00
● Home Made Pasta Napolitana – Vegetarian	\$3.50
● Home Made Pasta & Cheese – Vegetarian	\$3.50

SNACKS

● Fantastic Delites Snacks - GF	\$2.00
● Pretzels	\$2.00
● Carrot and Celery Sticks - Vegan	\$3.00
● Carrot, Celery Sticks, Hummus & Wrap Bread	\$4.00
● Mini Banana Bread	\$1.50
● Low Sugar Jelly Cups - Dairy Free	\$2.00
● Fresh Apples or Oranges	\$2.00
● Home Made Mini Muffin	\$2.00
● Home Made Mini Cookie	\$2.00
● Fresh Yoghurt with Berries	\$3.50
● Twisted Frozen Yoghurt	\$3.00
● Quelch Juice Tubes - Dairy Free	\$1.00
● Smooze Fruit Ice - Vegan	\$2.50
● 100% Frozen Juice Cups	\$2.00

DRINKS

● Moove Chocolate or Strawberry Milk	\$3.00
● Plain Milk	\$2.00
● Bottled Water	\$2.00
● 100% Orange Juice 200mL	\$3.00
● 100% Apple Juice 200mL	\$3.00
● 100% Apple Black Currant Juice 200mL	\$3.00
● Hot Chocolate	\$2.50

LEGEND: ● Everyday Foods
● Occasional

Randwick Public School Canteen accepts online orders using Flexi Schools - Setting up an online account is easy!

For any Gluten Free Sandwiches add 50c

**All Sandwiches and Wraps can be Toasted - No Charge*

**All Sandwiches can be Wholemeal or White*

Tortilla Wraps are Wholemeal

**All Cheese is Mainland Reduced Fat Tasty Cheese*

**All Chicken is Marinated in Garlic/Mustard and is Baked*

1. Go to www.flexischools.com.au

2. Select register option & enter your email address

3. You will be sent an email, click on the link to complete

4. Fill in your details on the registration form & submit

5. Add your students, select their school & class

OUR KITCHEN IS ALLERGY AWARE

*According to the new Healthy School Canteens Strategy of NSW you should fill at least ¾ of your menu with Everyday snacks, meals and drinks, with Occasional items making up ¼ of your menu. *<https://healthyschoolcanteens.nsw.edu.au>*