

JPPS Canteen Menu 2020

Daily Specials

Drinks (GF)

Milk	Plain 300 ml	\$1.50
	Flavoured 300 ml	\$2.50
Juice	Apple/Orange/ABC	\$2.50
Water	Large 600ml	\$1.50
	Small 350ml	\$1.00

Frozen Treats (lunch counter sales only)

Frozen Fruit Cups – OJ, Apple, ABC	\$0.70
Frozen Yoghurt Twirls	\$2.50
Juicies	\$1.00
Juicies Tubes	\$1.50
Ice Mony – Chocolate or Lemon Ice	\$1.00
Quelch	\$0.50

Snacks & Treats

Apple Slinky	\$1.00
Breadsticks - Pizza	\$0.20
Carrot sticks & dip	\$1.00
Cheese & crackers	\$1.00
Cheese Toastie Quarters	\$0.50
Chicken Strips/Crackles (H)	\$0.50
Crispy Fruits – Apple/Strawberry/Mango	\$2.00
Cruskits + cheese & tomato	\$1.00
Custard + Fruit	\$1.50
Fresh Fruit Cups (seasonal fruit)	\$1.00
Garlic Bread	\$1.00
Grain Waves	\$1.20
Jatz Crackers	\$1.00
Jelly cups	\$0.20
Muffins (H)	\$2.00
– chocolate/blueberry/apple & cinnamon	
Popcorn	\$1.20
Sultanas	\$1.00
Vita wheats + vegemite	\$1.00
Yoghurt pouches (100g)	\$2.00

Lunch Orders

Ordering lunch is easiest via our online ordering system – you only need to register an account with <https://www.flexischools.com.au>
Orders can also be placed on a paper bag with money enclosed at the canteen, or through class lunch order boxes at the beginning of school.
ALL ORDERS MUST BE PLACED BY 9.30AM.

General Information

Proudly following the **NSW Healthy School Canteen Strategy**, we seek to provide our children with a variety of healthy and nutritious food choices, all according to the guidelines.
Allergy Alert!! If you are concerned about your child's allergies, please come and see us in the canteen to check on all contents in detail.

Volunteers

Volunteers are always needed! If you have any spare time, just pop in and lend a hand or put your name down on the roster! Helping out at the canteen is not only rewarding for you and fun for your children, but a great way to meet new people and get involved in school! We hope to see you there!

various hot items available
at recess from 50 cents

Monday

Ham Salad Wrap	\$6.50
Ham, grated carrot, cucumber, cheese, lettuce & mayo	

Tuesday

Chicken Salad Wrap	\$6.50
Chicken (H), lettuce, cheese, tomato, grated carrot & mayo	

Wednesday – Pizza on a Muffin

Pizza on a muffin	
Cheese w Pizza Sauce (V)	\$4.00
Chicken w BBQ Sauce & Cheese	\$5.00
Hawaiian w Pizza Sauce, Ham, Pineapple & Cheese	\$5.00

Thursday

Salad Wrap (V)	\$5.50
Grated carrot, cucumber, lettuce, tomato & mayo	

Friday

Avocado Salad Wrap (V)	\$6.50
Avocado, tomato, grated carrot, lettuce & mayo	

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Daily Lunch Items

(V) Vegetarian (GF) Gluten Free (H) Halal

Corn on the Cob (GF) (V)	\$1.00
Bolognaise Pasta Bake (H)	\$5.00
Butter Chicken & Rice (H) (GF)	\$5.00
Burgers – Beef (H), Chicken (H) or Vegetarian (H)	
with lettuce and mayo	\$4.50
with cheese and tomato sauce	\$4.50
with full salad	\$5.50
Coconut Chicken Thai Curry (H)	\$5.00
Fried Rice - Vegetarian (GF) (V)	\$4.50
Fried Rice – Thai Chicken (H)	\$5.00
Fruit & Veggie Bento Box	\$7.00
Hot Rolls	
Cheese (V)	\$3.50
Cheese & Tomato (V)	\$4.00
Cheese & Ham	\$5.00
Cheese & Chicken (GF)	\$5.00
Jacket Potato (V) (H)	
plain	\$3.00
with Cheese	\$3.50
with Beans	\$3.50
with Beans & Cheese	\$4.00
Lasagne Beef (H) Vegetarian (V)	\$4.50
Macaroni & Cheese (H) (V)	\$5.00
Nuggets (H)	
2 nuggets	\$1.00
4 nuggets	\$2.00
6 nuggets	\$3.00
Party Pies	\$1.20
Spinach & Ricotta Roll (V)	\$3.50
Sushi (H) – daily (see opposite for options)	\$4.50
Sweet Chili Tenderloin (H)	
with lettuce and mayo	\$4.50
with full salad	\$5.50



Sandwiches

All sandwiches are made to order on wholemeal bread, with margarine (unless requested otherwise).

See **Extras** for cost of additional fillings

Halal - Please note, our bread/rolls are not Halal but our wraps are – please specify a wrap if ordering a burger

Rolls 50c extra

Plain Butter	\$2.00
Vegemite or Honey	\$2.50
Cheese <u>or</u> Tomato	\$2.50
Cheese and Tomato	\$3.00
Ham or Chicken (GF)	\$4.50
Tuna	\$4.50
Salad	\$5.00
(lettuce, tomato, cucumber, carrot, beetroot)	
Salad with Cheese	\$5.50
Salad with Ham or Chicken (GF)	\$6.00
Salad with Tuna	\$6.00

Extras

Cheese	\$0.50
Each extra salad filling	\$0.50
Sauce Sachets (Tomato; BBQ)	\$0.30
Paper Bag	\$0.10
Spoon / Fork	\$0.10

Salad Boxes

Garden Salad (V) (GF)	\$5.00
(lettuce, tomato, cucumber, carrot, beetroot)	
▪ with Cheese	\$5.50
▪ with Avocado (V) (H)	\$6.00
▪ with Ham or Chicken (H) (GF)	\$6.50
▪ with Tuna (H)	\$6.50

Fruit & Veggie Bento Box \$7.00

(Served in plastic container)

Sandwich

- lettuce, ham & carrot
- carrot, lettuce & cheese (V)
- vegemite, lettuce & cheese (V)

Fresh fruit - seasonal

Rice crackers & cheese

Veggie sticks – carrot, celery, capsicum, tomato

Sushi (H) – Daily

\$4.50

Sushi Rolls

Chicken / Tuna / Beef / Vegetarian
Salmon

Rice Paper Rolls

Chicken / Tuna / Vegetarian

Mini Sushi Rolls

Chicken / Tuna / Cucumber / Salmon
Avocado