

# JPPS Canteen Menu 2022

## Daily Specials

### Drinks (GF)

Milk	Plain 300 ml	\$1.50
	Flavoured 300 ml	\$2.50
Juice	Apple/Orange/ABC 200 ml	\$2.50
Water	Large 600ml	\$1.50
	Small 350ml	\$1.00

### From the Freezer (lunch sales only)

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

### Snacks & Treats

Apple Slinky	\$1.50
Breadsticks	\$0.20
Carrot sticks & dip	\$1.00
Cheese & crackers	\$1.00
Chicken Strips/Crackles (H)	\$0.60
Crispy Fruits – Apple/Strawberry/Mango	\$2.00
Cruskits + cheese & tomato	\$2.00
Custard + Fruit	\$1.00
Fresh Fruit Cups (seasonal fruit)	\$1.00
Garlic Bread	\$1.00
Grain Waves	\$1.50
Jatz Crackers	\$0.50
Jelly cups	\$0.20
Muffins (H)	\$2.50
– chocolate/blueberry/apple & cinnamon	
Popcorn	\$2.00
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

Bolognaise Pasta Bake (H)	\$6.00
Burgers – Beef (H), Chicken (H) or Vegetarian (H)	
with lettuce and mayo	\$5.00
with cheese and tomato sauce	\$5.00
with full salad	\$5.50
Butter Chicken & Rice (H) (GF)	\$6.00
Coconut Chicken Thai Curry (H)	\$6.00
Corn on the Cob (GF) (V)	\$1.00
Fried Rice - Vegetarian (GF) (V)	\$5.00
Fried Rice – Thai Chicken (H)	\$6.00
Fruit & Veggie Bento Box	\$7.00
Hot Rolls	
Cheese (V)	\$3.50
Cheese & Tomato (V)	\$4.00
Cheese & Ham	\$5.00
Cheese & Chicken	\$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)	\$5.00
Macaroni & Cheese (H) (V)	\$6.00
Nuggets (H)	
2 nuggets	\$1.20
4 nuggets	\$2.40
6 nuggets	\$3.60
Party Pies	\$1.50
Spinach & Ricotta Roll (V)	\$3.00
Sushi (H) – daily (see opposite for options)	\$4.50
Sweet Chili Tenderloin (H)	
with lettuce and mayo	\$5.00
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	\$2.20
Vegemite or Honey	\$2.50
Cheese <u>or</u> Tomato	\$2.50
Cheese and Tomato	\$3.00
Ham or Chicken (GF)	\$4.50
Salad	\$5.00
(lettuce, tomato, cucumber, carrot, beetroot)	
Salad with Cheese	\$5.50
Salad with Ham or Chicken	\$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)	\$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