


JPPS Canteen Menu 2015

Daily Specials

Drinks (All Gluten Free)



Milk	Plain 300 ml	\$1.40
	Flavoured 300 ml	\$2.20
Juice – Apple & Orange		
	Large 350 ml	\$2.50
	Small 250 ml	\$1.50
Water	Large 600ml	\$1.50
	Small 375ml	\$1.00
Flavoured Water		\$1.50
Hot Chocolate		\$2.00

Snacks & Treats

Apple Slinky	\$1.00
Fruit Pieces in a Cup	\$1.50
Breadsticks/Jellies/ Rice Crackers	\$0.20
Gingerbread People	\$1.50
JJ's, Red Rock	\$1.10
Muffins – Choc, Apple, Blueberry	\$2.00
Popcorn	\$1.00
White Wing Cookies	\$0.80

Jellies and Red Rock Sea Salt Chips (GF)

Frozen Treats (lunch counter sales only)

Calippo	\$1.00
Frozen Fruit Cups – OJ & Apple Juice	\$0.50
Ice Blocks	from \$0.20
Cyclones	\$2.00
Icy Twists	\$1.50
Paddle Pops	\$1.50
<i>Rainbow Paddle Pops, Fruity Ice, Calippo, and Icy Twists are Gluten Free</i>	

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.

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!

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.*

Monday

Gourmet Pizza

BBQ Chicken	\$3.50
Supreme	\$3.50
Margherita	\$3.00



Tuesday

Sushi or Mac&Cheese

Chicken/Tuna/Beef/Veg/Salmon	\$3.50
Rice Paper Rolls – Chicken & Veg	\$3.50
Macaroni and Cheese	\$3.00

Wednesday

Nacho Dippers

With Bolognaise & Cheese Sauce \$4.00

Thursday

Hokkien or Singapore Noodles

\$3.50



Sushi

Chicken/Tuna/Beef/Veg/Salmon	\$3.50
Rice Paper Rolls – Chicken & Veg	\$3.50

Friday

Hot Rolls

Cheese	\$2.50
Cheese & Tomato	\$3.00
Cheese & Chicken	\$4.00
Cheese & Ham	\$4.00
Bacon and Cheese Bun	\$2.50

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Hot Food

Chicken and Corn Roll	\$2.00
Corn on the Cob (GF)	\$1.00
Burgers – Beef or Chicken	
with lettuce and tomato	\$3.50
with cheese and tomato sauce	\$3.50
with full salad	\$4.00
Fried Rice Vegetarian	\$3.50
Lasagne Vegetarian or Beef	\$3.50
Noodles (Hot, Chicken flavoured)	\$1.50
Nuggets, Chicken	
2 pack	\$1.00
4 pack	\$2.00
6 pack	\$3.00
Party Pie	\$1.00
Pepper Pie	\$3.00
Pie	\$3.00
Potato Pie	\$3.20
Pizza Hawaiian	\$2.00
Sausage Roll	\$2.50
Spinach & Ricotta Vegetarian Roll	\$2.50
Sweet Chilli Chicken Tenderloin Roll	
with Lettuce & Mayonnaise	\$3.50
with Full Salad	\$4.00
Twista Bolognaise	\$3.50
Yummy Drummy	\$1.00

Salad Boxes

Garden Salad (veg, GF)	\$4.50
(lettuce, tomato, cucumber, carrot, beetroot, sprouts, pineapple)	
▪ with Avocado	\$5.00
▪ with Cheese	\$5.00
▪ with Egg	\$5.50
▪ with Ham or Chicken	\$6.00
▪ with Tuna	\$6.50



Sandwiches

All sandwiches are made to order on white or multigrain bread, with butter or mayo as per request. See below under **Extras** for cost of additional fillings

Rolls 50c extra

Plain Butter	\$1.30
Vegemite, Jam, Honey	\$1.50
Cheese <u>or</u> Tomato	\$1.80
Cheese and Tomato	\$2.30
Egg (plain or curried)	\$2.50
Ham or Chicken	\$3.50
Tuna	\$4.00
Salad	\$3.50
(lettuce, tomato, cucumber, carrot, beetroot, sprouts)	
Salad with Cheese	\$4.00
Salad with Ham or Chicken	\$4.50
Salad with Tuna	\$5.00

Extras

Boiled Egg	\$1.00
Cheese	\$0.50
Each extra salad filling	\$0.50
Sauce Sachets (Tomato; BBQ)	\$0.20
Paper Bag	\$0.10
Spoon / Fork	\$0.10

Various hot items available
at recess from \$0.50 –
please check our board
daily!

Daily Wraps



Monday	
Ham Salad	\$5.00
Ham, grated carrot, cheese, cucumber, lettuce & mayo	
Tuesday	
Chicken Salad	\$5.00
Chicken, lettuce, cheese, diced tomato, grated carrot & mayo	

Wednesday	
Tuna Niçoise	\$6.00
Tuna, egg, diced tomato, lettuce & mayo	
Thursday	
Avocado Salad	\$4.50
Avocado, diced tomato, grated carrot, lettuce & mayo	
Sweet Chilli Chicken	\$4.00
Sweet chilli chicken tender With lettuce & mayo	