

Flexischools Meal Deals

Order any **EVERYDAY Lunchtime Meal*** and add a drink or dessert

ADD Bottled Water or Juice Popper **\$0.70 extra**

ADD Flavoured Milk **\$1.10 extra**

ADD Chilled Yoghurt (Berry flavoured) or Custard **\$1.20 extra**

***EVERYDAY Lunchtime Meals** are **EVERYDAY** selections from either:

- Lunchtime Sandwiches, Rolls, Wraps & Salad Boxes
- Lunchtime Hot Food
- Sushi–Monday

Recess Orders

The following items can be ordered for Recess:

ANY Over-the-counter Snacks
(including Frozen Fruit Pieces in a Cup)

ANY Over-the-counter Drinks

PLUS

- Bacon & Cheese Roll (warm)

No Over-the-counter Frozen Items to be sold at Recess



WINSTON HEIGHTS PUBLIC SCHOOL

Canteen
2019 Menu

Over-the-counter Snacks

		Everyday	
Fresh Fruit Slices (seasonal)	\$0.10	Raspberry Frozen Pieces in a Cup	\$0.50
Fresh Fruit Cups (seasonal)	\$0.50	Raisin Bread (per slice toasted & buttered)	\$0.50
Banana Frozen Pieces in a Cup	\$0.50	Pikelets (with or without jam/butter)	\$0.50
Mango Frozen Pieces in a Cup	\$0.50	Chilled Yoghurt: Berry flavoured	\$1.50
Mixed Berries Frozen Pieces in a Cup	\$0.50	Vanilla Custard Cups	\$1.50
Pineapple Frozen Pieces in a Cup	\$0.50		
		Occasional	
Popcorn 20g	\$0.60	Chips: Honey Soy Chicken 28g	\$1.20
		Chips: Sea salt 28g	\$1.20

Over-the-counter Drinks

		Everyday	
Bottled Water 600ml	\$1.00	Juice Popper 200ml: Paradise Punch	\$1.00
Juice Popper 200ml: Apple	\$1.00	Milk: Chocolate 300ml	\$1.50
Juice Popper 200ml: Apple & Blackcurrant	\$1.00	Milk: Strawberry 300ml	\$1.50
Juice Popper 200ml: Orange	\$1.00	Hot Chocolate	\$1.50
Juice Popper 200ml: Orange & Mango	\$1.00	Paper straw	\$0.00

Over-the-counter Frozen

		Everyday	
Frozen Chocolate Milk–small 60ml	\$0.30	Frozen Fruit Juice Cup: Apple	\$0.60
Frozen Chocolate Milk–large 120ml	\$0.60	Frozen Fruit Juice Cup: Apple & Blackcurrant	\$0.60
Frozen Strawberry Milk–small 60ml	\$0.30	Frozen Fruit Juice Cup: Orange	\$0.60
Frozen Strawberry Milk–large 120ml	\$0.60	Frozen Fruit Juice Cup: Pineapple	\$0.60
Berri Quelch Fruit Sticks	\$0.50		
		Occasional	
Twisted Frozen Yoghurt: Chocolate & Vanilla	\$2.00	Twisted Frozen Yoghurt: Strawberry & Vanilla	\$2.00
Twisted Frozen Yoghurt: Mango & Watermelon	\$2.00		

Canteen Operating Hours

Over-the-counter Sales

Monday RECESS 11.00–11.20am
LUNCH 1.20–1.50pm

Tuesday LUNCH 1.20–1.50pm

Wednesday RECESS 11.00–11.20am
LUNCH 1.20–1.50pm

Thursday RECESS 11.00–11.20am
LUNCH 1.20–1.50pm

Friday RECESS 11.00–11.20am
LUNCH 1.20–1.50pm

Lunch Orders

- There are **NO** Recess or Lunch Orders on **TUESDAYS**
- Orders can be placed via Flexischools before 9.30am on the day, or by paper bag placed in canteen order box by 9.00am on the day.

Sushi Orders

- Sushi is only available on Monday, order on the day.

Any enquires please contact the School Office

Thank You For Your Support

Our canteen is run daily by our wonderful parent & carer volunteers.

All profits from the school canteen are used within the school to benefit our children.

We appreciate your orders and the time given by our school parents & carers to run the canteen.

from the Winston Heights Public School Canteen Committee

Sushi—Monday only *No pre-order, order on the day*

Everyday

SUSHI ROLLS

Salmon & Avocado GF <small>(Note: soy sauce not GF)</small>	\$3.80	Tuna & Cucumber	\$3.50
Teriyaki Chicken & Cucumber	\$3.50	Tuna & Avocado	\$3.50
Teriyaki Chicken & Avocado	\$3.50	Teriyaki Beef, Cucumber & Capsicum	\$3.50
Avocado & Cucumber VG, GF <small>(Note: soy sauce not GF)</small>	\$3.50	Egg Salad Avocado (contains mayonnaise) VT	\$3.50

HOSO BOXES (9 small pieces)

Avocado VG	\$4.00	Tuna	\$4.00
Cucumber VG	\$4.00	Salmon	\$4.20

MINI BOXES (8 medium pieces)

Tuna & Avocado	\$5.00	Teriyaki Chicken & Avocado	\$5.00
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MINI BOX BROWN RICE (8 medium pieces)

Tuna & Avocado	\$5.50	Teriyaki Chicken & Avocado	\$5.50
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Lunchtime Hot Food

Everyday

BBQ or Tomato sauce sachet	\$0.30	Macaroni Cheese 220g VT	\$4.00
Hot Corn cob	\$0.90	Twista Bolognaise 220g	\$4.00
Cup of Soup: Chicken Noodle <small>(add Bread Roll for \$0.50)</small>	\$1.20	Beef Burger (burger roll, lean beef patty, lettuce, tomato & choice of BBQ or tomato sauce)	\$4.00
Cup of Soup: Minestrone <small>(add Bread Roll for \$0.50)</small>	\$1.20	Healthy Herby Chicken Burger (burger roll, lean chicken patty, lettuce, tomato & mayonnaise)	\$4.00
Beef Korma with Rice 220g GF	\$4.00	Veggie Burger (burger roll, vegetable patty, lettuce, tomato & choice of BBQ or tomato sauce) VT	\$4.00
Beef Lasagne 220g	\$4.00		
Butter Chicken with Rice 220g GF	\$4.00		
Chicken Thai Curry with Rice 220g	\$4.00		

Lunchtime Sandwiches, Rolls, Wraps & Salad Boxes

Everyday

SANDWICHES & ROLLS: Choice of White, Multi-grain or Wholemeal Bread or Roll

Cheese	\$1.50	Vegetemite	\$1.50
Jam	\$1.50	Ham	\$3.00
Honey	\$1.50	Tuna	\$3.00
Egg & Mayonnaise (choice of lettuce)	\$3.00	Roast Chicken	\$3.00
Salad (lettuce, tomato, cucumber, carrot, beetroot & mayonnaise)	\$3.00		

EXTRAS:

Cheese	\$0.30	Egg	\$0.60
Extra salad choices: lettuce, tomato, cucumber, carrot, beetroot			\$0.20 each

WRAPS: Choice of White or Multi-grain Wrap

(All Wraps come with lettuce, tomato, cucumber, carrot, cheese & mayonnaise)

Salad & Cheese Wrap	\$3.50	Tuna, Salad & Cheese Wrap	\$5.00
Ham, Salad & Cheese Wrap	\$5.00	Roast Chicken, Salad & Cheese Wrap	\$5.00

ANY Sandwich or Wrap can be toasted

SALAD BOXES:

(All Salad Boxes come with lettuce, tomato, cucumber, carrot, beetroot, celery & dressing sachet)

Salad Box	\$3.50	Ham Salad Box	\$5.00
Egg Salad Box	\$4.00	Tuna Salad Box	\$5.00

Occasional

Chicken Tender Salad Box	\$5.50	Chicken Tender, Salad & Cheese Wrap	\$5.50
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Lunchtime Hot Food

Occasional

Chicken Crackles (Limit of 7)	\$0.60	Pizza Singles: Ham & Pineapple	\$3.00
Bacon & Cheese Roll (warm)	\$1.80	Spinach & Ricotta Roll 90g	\$3.00
Beef Pie 170g	\$3.30	Sausage Roll 120g	\$3.00
Chicken Burger (burger roll, crumbed chicken patty, lettuce & mayonnaise) H	\$4.00	Chicken Sub (long roll, crumbed chicken tender, lettuce, tomato, cucumber & mayonnaise) H	\$4.00

KEY: **H**=Halal **GF**=Gluten Free **VG**=Vegan **VT**=Vegetarian

PLEASE NOTE There are NO Recess or Lunch Orders on TUESDAYS

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WINSTON HEIGHTS PUBLIC SCHOOL

Canteen

2019 Menu

Over-the-counter Snacks

		Everyday	
Fresh Fruit Slices (seasonal)	\$0.10	Raspberry Frozen Pieces in a Cup	\$0.50
Fresh Fruit Cups (seasonal)	\$0.50	Raisin Bread (per slice toasted & buttered)	\$0.50
Banana Frozen Pieces in a Cup	\$0.50	Pikelets (with or without jam/butter)	\$0.50
Mango Frozen Pieces in a Cup	\$0.50	Chilled Yoghurt: Berry flavoured	\$1.50
Mixed Berries Frozen Pieces in a Cup	\$0.50	Vanilla Custard Cups	\$1.50
Pineapple Frozen Pieces in a Cup	\$0.50		
		Occasional	
Popcorn 20g	\$0.60	Chips: Honey Soy Chicken 28g	\$1.20
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Juice Popper 200ml: Orange & Mango	\$1.00	Paper straw	\$0.00

Over-the-counter Frozen

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Frozen Strawberry Milk–small 60ml	\$0.30	Frozen Fruit Juice Cup: Orange	\$0.60
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Berri Quelch Fruit Sticks	\$0.50		
		Occasional	
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Jam	\$1.50	Ham	\$3.00
Honey	\$1.50	Tuna	\$3.00
Egg & Mayonnaise (choice of lettuce)	\$3.00	Roast Chicken	\$3.00
Salad (lettuce, tomato, cucumber, carrot, beetroot & mayonnaise)			\$3.00

EXTRAS:

Cheese	\$0.30	Egg	\$0.60
Extra salad choices: lettuce, tomato, cucumber, carrot, beetroot			\$0.20 each

WRAPS: Choice of White or Multi-grain Wrap

(All Wraps come with lettuce, tomato, cucumber, carrot, cheese & mayonnaise)

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Popper **\$0.70 extra**

ADD Flavoured Milk **\$1.10 extra**

ADD Chilled Yoghurt (Berry flavoured) or Custard
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- Lunchtime Sandwiches, Rolls, Wraps & Salad Boxes
- Lunchtime Hot Food
- Sushi-Monday

Recess Orders

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ANY Over-the-counter Snacks
(including Frozen Fruit Pieces in a Cup)

ANY Over-the-counter Drinks

PLUS

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**No Over-the-counter
Frozen Items
to be sold at Recess**

Canteen Operating Hours

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