



HOW TO ORDER

Flexischools ordering

Lunch orders can be placed via Flexischools before 9.00am on the day at www.flexischools.com.au, or download the app for your phone.



	Mon 4/2	Tue 5/2	Wed 6/2	Thu 7/2	Fri 8/2
Sushi Monday	Order Sushi Monday				
Recess	Order Recess		Order Recess	Order Recess	
Lunch	Order Lunch		Order Lunch	Order Lunch	

Sushi–Mondays Only. Sushi orders can be placed via Flexischools or by paper bag on Mondays.

Please note Flexischools MEAL DEALS can only be ordered via Flexischools. They are not available with cash orders.

Paper bag and cash ordering

Alternatively a paper bag order can be placed in canteen cash order box by 9.00am on the day. **The child's name and class must be clearly written on the paper bag.**

It's best to use the exact money, but change can be given if required.

Name: Winston Bear Class: 2X
 DAY/DATE: 4 - Feb

QUANTITY	ITEM	PRICE
1	Mac & Cheese	4.00
1	Frozen choc milk-large	0.60
1	Bottle water	1.00

Amount in bag: \$5.60 Change required:

- Please no staples, sticky tape, or mini plastic bags with paper bag orders. These slow down the Volunteers and often the bags get damaged by staples/sticky tape and have to be replaced.
- Paper lunch bags are available from supermarkets, 100 for \$2.00.
- You can also buy paper bags from the Canteen, 10 for \$0.30

The current menu and pricing is available at the Canteen, from the Office or on the Winston Heights Public School app.

MEAL DEALS are not available with cash orders.

OPERATING HOURS

OVER-THE-COUNTER SALES

Monday, Wednesday, Thursday:

RECESS 11.00–11.20am

LUNCH 1.20–1.50pm

Tuesday, Friday: LUNCH 1.20–1.50pm

There are NO Recess or Lunch Orders on **TUESDAYS AND FRIDAYS**

On 15th April 2019 the new healthy canteen menu was approved by the Menu Check service at NSW Health.

It passed with 81% Everyday and 19% Occasional choices.

For further information on the

Healthy School Canteens Strategy

visit <https://healthyschoolcanteens.nsw.gov.au>



Menu Changes

New Items

- Strawberries Frozen Pieces in a Cup
- Quelch Fruit Sticks: orange, mango, pineapple and tropical flavours
- Paddle Pop: Chocolate
- Garlic Bread

Deleted Items

- Beef Korma with Rice ✗
- Bacon and Cheese Roll ✗
- Fresh Fruit Cups ✗
- Monster Noodle Snacks: Chicken ✗

NO LUNCH?

If a student has no recess/lunch from home or a Canteen order, they can still get something to eat.

Students are to see their classroom teacher and then they will be sent to the Office. The Office will provide a recess/lunch Request Form that the student can bring to the Canteen.

An invoice will then be sent home for this order. Prompt payment of this invoice is greatly appreciated.

MEAL DEALS

Please note Flexischools MEAL DEALS can only be ordered via Flexischools, they are not available with cash orders.

These MEAL DEALS encourage healthy Everyday choices and give a discount of \$0.30 per order.

The Canteen aims to keep its prices low, but at times suppliers costs increase and often we need to pass these on. The cost of fresh fruit and vegetables has also increased in the past year and some of these costs are also passed on.

Volunteers Needed

If you are interested in helping, we would love to hear from you. No prior experience is necessary – we accept Mums, Dads, Grandparents, carers, or anyone who can spare some time. It is a great opportunity to meet other parents, meet the teachers, interact with the kids, and see your child's school day firsthand.

Send an email to the Roster Co-ordinator: canteen@winstonheightspandc.com

FROZEN ITEMS

All Frozen Items are to be picked up from the Canteen. They will no longer be put in lunch baskets.

All lunch bags will have the Frozen Item highlighted. Students must bring their highlighted lunch bags to the Canteen to collect their Frozen Items.

There is an Express line for Frozen Item pickups.

GETTING IN CONTACT

If something has gone amiss with an order, we encourage the student to come to the Canteen and our friendly volunteers are always happy to assist.

If you wish to speak with someone working in the canteen during the day you only need to call the school phone – 9624 7485 and the call will be transferred. Or you can write an email to the school (winstonhts-p.school@det.nsw.edu.au) and it will be forwarded.

The Canteen aims to keep its prices low, and all profits are returned back to the school and in consultation with the P&C turned into resources to benefit our children.

The Canteen is volunteer run by our wonderful parents, grandparents & carers, however it is important that you get in touch if you have an issue. It is recommended that you don't use the parents' Facebook page to convey your message, but contact the school by phone or email as outlined above.