



WINSTON HEIGHTS PUBLIC SCHOOL

Canteen

Term 2-2022 Menu

Sandwiches & Rolls

Everyday			
Choice of White Smooth Wholemeal Bread or White Roll			
Cheese	\$1.50	Vegetemite	\$1.50
Jam	\$1.50	Ham	\$3.00
Honey	\$1.50	Tuna	\$3.50
Egg & Mayonnaise (choice of lettuce)	\$3.00	Roast Chicken	\$3.20
Salad (lettuce, tomato, cucumber, carrot, beetroot & mayonnaise)	\$3.50		
EXTRAS:			
Cheese	\$0.30	Egg	\$0.60
Lettuce, tomato, cucumber, carrot, beetroot, mayonnaise, tomato sauce, BBQ sauce	\$0.20 each		
ANY Sandwich or Roll can be toasted			

Hot Food

Everyday			
BBQ or Tomato sauce sachet	\$0.30	Fried Rice 220g VT, GF	\$4.20
Meatballs (Bags of 2, 4, 6, 8)	\$0.40	Beef Lasagne 220g	\$4.50
Hot Corn cob VT	\$0.80	Macaroni Cheese 220g VT	\$4.50
Cup of Soup: Beef Noodle (add Bread Roll for \$0.50)	\$1.50	Twista Bolognaise 220g	\$4.50
Cup of Soup: Chicken Noodle (add Bread Roll for \$0.50)	\$1.50	Butter Chicken with Rice 220g GF	\$4.50
Cheeseburger (burger roll, lean beef patty, cheese & choice of BBQ or tomato sauce)	\$4.20	Meatball Sub (long roll, meatballs, cheese & choice of BBQ or tomato sauce)	\$4.20
Flame-grilled Chicken Burger (burger roll, flame-grilled chicken breast, lettuce, tomato & mayonnaise) H	\$4.20	Veggie Burger (burger roll, vegetable patty, lettuce, tomato & choice of BBQ or tomato sauce or mayonnaise) VT	\$4.20
Occasional			
Chicken Crackles (Bags of 2, 4, 6, 7)	\$0.60	Chicken Burger (burger roll, crumbed chicken patty, lettuce & mayonnaise) H	\$4.20
Garlic Bread (5 slices)	\$2.00	Chicken Sub (long roll, crumbed chicken tender, lettuce, tomato, cucumber & mayonnaise) H	\$4.20
Pizza Singles: Ham & Pineapple	\$3.00		
Sausage Roll 120g H	\$3.20		
Beef Pie 170g H	\$3.50		

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

Term 2 2022 Canteen Operating Hours

Online ordering for Recess and Lunch is via Flexischools, but Cash will be accepted.

The canteen will open when there are enough volunteers to fill the shifts.

Notification of the opening days will be sent via the school and the parents Facebook page.

Tuesdays and Fridays are **Cash only** (no online orders). Snacks, Drinks and Frozen Items will be available to buy over-the-counter.

Mondays, Wednesdays and Thursdays will have the full menu available.

Snacks (available over-the-counter)

Everyday			
Bread Sticks	\$0.10	Raspberry Frozen Pieces in a Cup	\$0.80
Watermelon slices (seasonal)	\$0.20	Strawberry Frozen Pieces in a Cup	\$0.80
Blueberries Frozen Pieces in a Cup	\$0.80	Chilled Yoghurt: various flavours	\$1.20
Mango Frozen Pieces in a Cup	\$0.80	Chocolate Custard Cup	\$1.20
Mixed Berries Frozen Pieces in a Cup	\$0.80	Vanilla Custard Cup	\$1.50
Pineapple Frozen Pieces in a Cup	\$0.80		
Occasional			
Popcorn 20g	\$0.60	Chips: Sea salt 28g	\$1.40

Drinks (available over-the-counter)

Everyday			
Bottled Water 600ml	\$1.00	Milk: Chocolate	\$1.80
Juice Popper: Apple	\$1.50	Milk: Strawberry	\$1.80
Juice Popper: Apple & Blackcurrant	\$1.50	Hot Chocolate	\$1.50
Juice Popper: Orange	\$1.50	Paper straw	\$0.00
Juice Popper: Tropical	\$1.50		

Frozen Items (available over-the-counter)

Everyday			
Frozen Chocolate Milk-small 60ml	\$0.30	Frozen Fruit Juice Cup: Apple	\$1.00
Frozen Strawberry Milk-small 60ml	\$0.30	Frozen Fruit Juice Cup: Apple & Blackcurrant	\$1.00
Frozen Chocolate Milk-large 120ml	\$0.60	Frozen Fruit Juice Cup: Orange	\$1.00
Frozen Strawberry Milk-large 120ml	\$0.60	Frozen Fruit Juice Cup: Pineapple	\$1.00
Quelch Fruit Sticks (8 flavours)	\$0.60		
Occasional			
Paddle Pop: Chocolate CLEARANCE	\$2.00	Paddle Pop: Rainbow	\$2.00
Twisted Frozen Yoghurt: Chocolate & Vanilla GF	\$2.20	Twisted Frozen Yoghurt: Mango & Watermelon GF	\$2.20