



WINSTON HEIGHTS PUBLIC SCHOOL

Canteen

Term 3–2022 Menu

Sandwiches & Rolls

Everyday

Choice of White Smooth Wholemeal Bread or White Roll

Cheese	\$1.50	Vegemite	\$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	\$0.90	Macaroni Cheese 220g VT	\$4.50
Cup of Soup: Beef Noodle (add Bread Roll for \$0.50)	\$1.80	Twista Bolognese 220g	\$4.50
Cup of Soup: Chicken Noodle (add Bread Roll for \$0.50)	\$1.80	Butter Chicken with Rice 220g GF	\$4.80
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		
Pizza Singles: Ham & Pineapple	\$3.00	Chicken Sub (long roll, crumbed chicken tender, lettuce, tomato, cucumber & mayonnaise) H	\$4.20
Sausage Roll 120g H	\$3.20		
Beef Pie 170g H	\$3.50		

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

Term 3– 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.

Check out Flexischools 'Specials' for new menu items

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	Hard boiled egg	\$0.80
Mango Frozen Pieces in a Cup	\$0.80	Chilled Yoghurt: various flavours	\$1.20
Mixed Berries Frozen Pieces in a Cup	\$0.80	Chocolate Custard Cup	\$1.20
Pineapple Frozen Pieces in a Cup	\$0.80	Vanilla Custard Cup	\$1.50

		Occasional	
Popcorn 20g	\$0.60	Chips: Sea salt 28g	\$1.50

Drinks (available over-the-counter)

		Everyday	
Bottled Water 600ml	\$1.00	Milk: Chocolate	\$2.00
Juice Popper: Apple	\$1.50	Milk: Strawberry	\$2.00
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	\$0.40	Frozen Fruit Juice Cup: Apple	\$1.00
Frozen Strawberry Milk–small 60ml	\$0.40	Frozen Fruit Juice Cup: Apple & Blackcurrant	\$1.00
Frozen Chocolate Milk–large 120ml	\$0.80	Frozen Fruit Juice Cup: Orange	\$1.00
Frozen Strawberry Milk–large 120ml	\$0.80	Frozen Fruit Juice Cup: Pineapple	\$1.00
Qelch Fruit Sticks (8 flavours)	\$0.60		

		Occasional	
Twisted Frozen Yoghurt: Chocolate & Vanilla GF	\$2.20	Twisted Frozen Yoghurt: Mango & Watermelon GF	\$2.20