

2024 Canteen Operating Hours

Recess & Lunch Orders

Recess & Lunch orders are available on **WEDNESDAY, THURSDAY and FRIDAY.**

• There are **NO Recess or Lunch Orders** on **MONDAY and TUESDAY.**

Over-the-counter Sales

Wednesday LUNCH 1.30–1.50pm

Thursday LUNCH 1.30–1.50pm

Friday LUNCH 1.30–1.50pm

Order Online with Spriggy Schools

 Go to www.spriggyschools.com.au to register and download the app. Available on App Store or Google Play.

Cash orders accepted. These are due in the canteen by 9.00am, except sushi which is due 8.30am on Wednesday.

VOLUNTEERING IN THE CANTEEN

The P&C welcomes all parents and carers who would like to volunteer in the canteen. On Wednesday–Friday you'll be helping the Canteen Supervisor & serving at the counter at lunch.

If you are interested, please email canteen@winstonheightspandc.com or sign up to our mailing list on <https://signup.com/go/KGEwmeC>

GETTING IN CONTACT WITH THE CANTEEN

If you wish to speak with the Canteen Supervisor during the day (Wednesday–Friday only), you will need to call the school on 9624 7485 and the call will be transferred.

For all other queries outside these times and days, you can write an email to the school (winstonhts-p.school@det.nsw.edu.au) and it will be forwarded to the Canteen Supervisor or P&C Canteen Co-ordinator.



Snacks

Available Recess, Lunch and Over-the-counter

Breadsticks VG	\$0.20
Hard-boiled Egg	\$0.80
Pikelet (each)	\$0.80
Raisin Toast (each)	\$0.80
Chilled Yoghurt 100g	\$1.80
Chocolate Custard Cup 100g	\$1.80
Vanilla Custard Cup 150g	\$2.00

Popcorn 20g	\$0.70
Chicken Noodle Snacks 25g	\$1.00
Grain Waves 28g	\$2.00
Sea Salt Chips 28g	\$2.00

Drinks

Available Recess, Lunch and Over-the-counter

Bottled Water 600ml	\$1.20
Juice Poppers 200ml (Apple; Apple & Blackcurrant; Orange; Orange & Mango; Paradise Punch)	\$1.80
Chocolate Milk 300ml	\$2.50
Strawberry Milk 300ml	\$2.50
Hot Chocolate	\$1.80
Paper straw	\$0.00

Fruit

Available Recess, Lunch and Over-the-counter

Fruit Slices (seasonal)	\$0.30
Fresh Fruit cup (seasonal)	\$1.00
Frozen Fruit Pieces in a cup (Blueberries; Mango; Mixed Berries; Pineapple; Raspberries; Strawberries)	\$1.00

Frozen

Available Lunch and Over-the-counter (lunch only)

Quelch Fruit Sticks (choice of eight flavours)	\$0.70
Frozen Milk—small 60ml (Chocolate; Strawberry)	\$0.50
Frozen Milk—large 120ml (Chocolate; Strawberry)	\$1.00
Frozen Fruit Juice Cups (Apple; Apple & Blackcurrant; Orange; Pineapple)	\$1.00
Chocolate Moosie	\$2.00
Twisted Frozen Yoghurts GF (Caramel & Vanilla; Chocolate & Vanilla; Mango & Watermelon)	\$2.50

Recess Hot Food

Available to Order at Recess

BBQ, Tomato or Sweet Chilli Sauce sachet	\$0.40
Meatballs (Limit of 8)	\$0.50
Hot Corn cob VT	\$0.90

Garlic Bread 75g VT	\$2.20
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Burgers & Subs

Lunch Only

Cheeseburger H	\$4.50
Meatball Sub	\$4.50
Veggie Hot Dog VT	\$4.50
Veggie Burger VT	\$5.00
Flame-grilled Chicken Burger H	\$5.00

Chicken Burger H	\$5.00
Chicken Sub H	\$5.00

Lunchtime Hot Food

Lunch Only

BBQ, Tomato or Sweet Chilli Sauce sachet	\$0.40
Meatballs (Limit of 8)	\$0.50
Hot Corn cob VT	\$0.90
Cup of Chicken Noodle Soup (add Bread Roll for \$0.50)	\$2.20
Cheese Pizza	\$3.20
Ham & Cheese Pizza	\$3.70
Ham, Pineapple & Cheese Pizza	\$3.90
BBQ Chicken Pizza	\$3.80
Chicken & Mushroom Dumplings	\$3.50
Vegetable Dumplings VT	\$3.50

Chicken Crackles (Limit of 7)	\$0.80
Garlic Bread 75g VT	\$2.20
Sausage Roll 120g H	\$3.80
Beef Pie 170g H	\$4.00

Hot Meals

Lunch Only

Beef Lasagne 220g	\$4.80
Macaroni Cheese 220g VT	\$4.80
Twista Bolognaise 220g	\$4.80
Butter Chicken with Rice 220g GF	\$5.30
Fried Rice 200g VT GF	\$4.80

Birthday Baskets

Is your child having a birthday at school?
Let them celebrate with their classmates by
sharing a basket full of ice-blocks.

Kindy & Years 1-2: \$15

Years 3-6: \$21

Online orders only at Spriggy Schools.

Birthday baskets to be picked up by birthday
child at lunchtime

Sandwiches & Rolls

Lunch Only

(White or multi-grain bread)

Cheese VT	\$1.70
Jam VT	\$1.70
Honey VT	\$1.70
Vegemite VT	\$1.70
Egg & Mayonnaise	\$3.20
Ham	\$3.20
Chicken	\$3.40
Tuna	\$3.70
Salad (lettuce, tomato, cucumber, carrot, beetroot & mayonnaise) VT	\$3.70

EXTRAS

White roll	\$0.30
Lettuce, tomato, cucumber, carrot, beetroot, cheese	\$0.30
Egg	\$0.70
BBQ, tomato, chilli or sweet chilli sauce, mayonnaise, American mustard	\$0.20

Wraps

Lunch Only

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

Salad Wrap VT	\$4.00
Egg Salad Wrap VT	\$4.30
Ham Salad Wrap	\$4.30
Chicken Salad Wrap	\$4.80
Falafel Salad Wrap VT	\$5.30
Tuna Salad Wrap	\$5.30

Chicken Tender Salad Wrap H	\$5.30
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ANY Sandwich, Roll or Wrap
can be toasted

Salad Bowls

Lunch Only

(All Salad Bowls come with lettuce,
tomato, cucumber, carrot, cheese &
beetroot)

Salad Bowl VT	\$4.50
Egg Salad Bowl VT	\$4.80
Ham Salad Bowl	\$4.80
Chicken Salad Bowl	\$5.30
Falafel Salad Bowl VT	\$5.80
Tuna Salad Bowl	\$5.80
Balsamic or Italian Dressing	\$0.40
Sweet Chilli Sauce	\$0.40

The full menu, including specials,
can be found on Spriggy Schools.