

Menu
Term 4 2023
OVER THE COUNTER ITEMS
(also available to order online)

Available Recess Only

Cheesie	\$1.50
Raisin Toast	\$1.50
<i>Available Recess and Lunch</i>	
Apple or Orange whole	\$1.50
Healthy Brownie	\$1.00
Banana Bread	\$2.00
Dried Apricots	50c
Dried Cranberries	50c
Messy Monkeys gluten free - cheese or burger	\$2.00
Popcorn	\$1.00
Vanilla Custard	\$1.50

FROZEN ITEMS

Available Recess and Lunch

Frozen Watermelon Slice	50c
Frogurt Pop house-made frozen yoghurt	\$1.00
Custard Pop	\$1.00

Available Lunch Only

Frozo frozen juice block	\$1.00
Frozo Mini mini frozen juice block	50c
Freezie Strawberry or Chocolate frozen milk block	\$1.00
Juicie Tropical, Wildberry	\$1.50
Moosie Chocolate	\$2.00
Twisted Frozen Yoghurt Tub	\$3.00
- Chocolate	

DRINKS

Available Recess and Lunch

Plain Milk 300ml	\$2.00
Flavoured Milk - Chocolate, Strawberry	\$2.50
Chill J's Sparkling Fruit Juice 250ml	\$2.50
- Raspberry, Blackcurrant, Lemonade, Grape	
Popper 200ml 100% Juice	\$1.70
- Apple, Apple & Blackcurrant	
Water 500ml	\$1.50

ONLINE ORDERS

SNACKS/FRUIT

Available Recess and Lunch

Crazy Carrots	\$1.50
Fruit Kebab	\$2.00
Fruit Sundae	\$4.00
Slinky Apple	\$1.50

Available Lunch Only

Dip Box	\$4.50
- cucumber, carrot and capsicum sticks, cheese, Turkish bread & hummus (contains sesame)	
Goujon Poke Box Goujons with optional	\$6.00
- rice, lettuce, cucumber, carrot, corn, capsicum, cheese, tomato	
Ham Poke Box Ham with optional	\$5.00
- rice, lettuce, cucumber, carrot, corn, capsicum, cheese, tomato	
Egg hard boiled	\$1.50
Smiley Melon	\$1.50

SANDWICHES

Available Lunch Only

Sandwiches - Toasted or Plain	
Wholemeal Bread	\$1.50
Wholemeal Bread Roll	\$2.00
Gluten Free Bread	\$2.00
Turkish bread	\$3.00
Then choose your filling/s:	
Chicken Breast house-cooked	\$2.00
Ham, Tuna	\$1.50
Baked Beans	\$1.50
Carrot grated	50c
Cheese	\$1.00
Cucumber	50c
Egg	\$1.50
Lettuce/Baby Spinach	50c
Pineapple	\$1.00
Tomato	50c
Vegemite	30c
Mayonnaise	30c

SUSHI

Available Lunch Wednesday, Thursday & Friday

Salmon Nigiri 5pcs	\$8.00
Sushi Baby Box Avocado or Tuna or Cucumber	\$3.80
Sushi Roll	
Tuna & Avocado, Tuna & Sweetcorn,	\$3.80
Chicken Katsu & Cucumber	\$3.90
Salmon & Avocado	\$4.30

HOT LUNCH

Available Lunch Wednesday, Thursday, Friday

Chicken Goujons 5 per bag	\$3.70
Corn on the Cob	\$1.50
Hot Cheesy Roll	\$2.50
Penne Pasta plain (Gluten Free available)	\$3.00
- add Napolitana house-made	\$1.50
- add Cheese	\$1.00
- add Napolitana AND Cheese	\$2.00
Butter Chicken	\$5.50
Pizza Muffin ham & cheese	\$2.50
Potato Gems appx 8pcs	\$2.00
Rice Cup Gluten Free with optional soy sauce	\$3.00
Tomato Sauce	\$0.30
Beef Burger house-made w/ lettuce & tomato	\$5.20
Jacket Potato plain or with margarine	\$2.50
- add Cheese	\$1.00
- add Tuna + Sweetcorn	\$1.50
- add Baked Beans	\$1.50
- add Bacon Bits	\$1.50

Available Lunch Wednesday, Thursday

Chicken Goujon Wrap	\$4.70
- add Cheese	25c
- add Lettuce	25c

Available Lunch Friday

Chicken Burger w/ lettuce & tomato	\$5.50
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Ordering

Please note that some food items are only available through the ordering system and not over the counter.

To claim frozen items ordered please return your lunch bag to the canteen.

SCHOOL24

SCHOOL24 is our online ordering system. Payment is via Direct Deposit or Credit Card. Lunches can be ordered in advance or by 8.30am the same day.

REGISTER NOW

www.school24.com.au

Click '**Login/Register**'.

Select '**Create Account**'.

Enter our school registration ID # **2517963** and your details.

Select '**Sign up**'.

Birthdays

If you would like to order FrozOs for your child's birthday please order two canteen days prior to your required delivery day to ensure adequate leadtime for supply. Birthday FrozO orders can be made with Rhiannon via 9451 6353 or ffpscanteen@gmail.com. FrozOs will be delivered to your child's classroom at lunch. This means for a Wednesday delivery you need to order by Thursday the week prior and for a Thursday delivery you need to order by the previous Friday.

Volunteering

The P&C run canteen is made possible by a dedicated team of parent volunteers.

We welcome all volunteers, whether you would like to help on a regular basis or just occasionally.

If you would like to volunteer, please contact the Roster Coordinator at:
ffpspandccanteenroster@gmail.com.

Full Shift 9:10am to 2:00pm

Half Shift am **9:10am to 12:00pm**
pm **12:00pm to 2:00pm**

Dates this Term

Canteen open
from Wednesday 11th October
until Wednesday 13th December

Christmas P&C Canteen Picnic
Wednesday 13th December

Look out for special event food notices on Facebook or school notes during the term.

Our Canteen follows the NSW Healthy School Canteen Strategy that uses '**Everyday**' and '**Occasional**' food categories. '**Occasional**' foods must meet a Health Star Rating of 3.5 stars or above. For more information please go to:
<http://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy>



Menu

Term 4 2023

Canteen Hours

Wednesday, Thursday, Friday

9:10am - 2:00pm

Recess 11:10am - 11:50am

Lunch 1.10pm - 1:50pm

Contact Ph: 9451 6353