**How to order**

**Online ordering**

Save time and order your child’s lunch online. Online ordering is a convenient way to place orders with the school canteen, providing a 24/7 payment and ordering system that can be accessed from home, work or a mobile device.

No more fumbling around for coins in the morning, sending kids to school with cash, or lost and illegible orders. Online orders are faster and more accurate giving peace of mind that your order and payment is received accurately at the school.

Advanced features such as allergy warnings also help to alert canteen staff when preparing meals and help keep children safe.

www.flexischools.com.au

**In your classroom**

It’s easy to order – just follow these FOUR EASY STEPS:

*(Please allow an extra 30c if you don’t supply your own lunch bag with your order).*

1. Use a large brown paper bag, TWO bags if order is large.
2. Clearly write your child’s name, class and lunch order ON LOWER PART OF BAG.
3. If the bag includes your other child’s money, write ALL children’s names/classes on EACH bag.
4. Fold it across the top then into quarters (NO sticky tape or staples please).

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**Icy Treats**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fandangles</td>
<td>$1.60</td>
</tr>
<tr>
<td>Frozen Pineapple Rings 😋</td>
<td>40¢</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fruity Ice (various flavours)</td>
<td>40¢</td>
</tr>
<tr>
<td>Icy Pole (Lemonade, Raspberry)</td>
<td>$1.10</td>
</tr>
<tr>
<td>Jelly Sticks</td>
<td>20¢</td>
</tr>
<tr>
<td>Life Savers</td>
<td>$2.00</td>
</tr>
<tr>
<td>Light Vanilla Ice Cream Cups</td>
<td>$1.50</td>
</tr>
<tr>
<td>Quelch Sticks</td>
<td>50¢</td>
</tr>
<tr>
<td>TNT sour</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**Drinks**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain Spring Water – 350ml 😍</td>
<td>$1.20</td>
</tr>
<tr>
<td>Flavoured Milk – reduced fat (Choc, Strawberry) 😍</td>
<td>$2.00</td>
</tr>
<tr>
<td>Quench – Sparkling Mineral Water with 10% Fruit Juice, (Raspberry, Lemon/Lime, Orange, Cola, Lemonade Flavour) 😍</td>
<td>$2.00</td>
</tr>
<tr>
<td>Juice Pops (Apple, Apple Blackcurrant, Orange)</td>
<td>$1.40</td>
</tr>
<tr>
<td>Up &amp; Go Vanilla or Chocolate 😍</td>
<td>$2.20</td>
</tr>
</tbody>
</table>

GREEN food = HIGH nutritional value.
AMBER food = LESSER nutritional value.
RED food = Lacks adequate nutritional value – only eat occasionally.

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This menu and pricing has been prepared by the Canteen Committee of Eastwood Heights Public School which is a sub committee of the P&C elected from interested parents.

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**Kids are welcome to purchase any drink from the adults!**

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The Canteen is open Mondays and Thursdays but relies heavily on the volunteer help of Parents/Carers to keep it open. The more volunteers we have, the more interesting menu choices we can have.

If you can help at any time from 1 – 4 hours (between 9.30am to 2.00pm) please contact Nancy Scro, our Canteen Supervisor on 9888 9187 or 0418 418 047.

Training is given for new parents and there is always someone to ask if you are unsure. Lunch is provided free plus as much tea and coffee as you want. Quite a few of our existing volunteers are Grandparents who enjoy spending time in their grandchildrens’ school plus you get to meet other parents in the school.

Please help by signing up via the website: https://www.volunteerspot.com/Group/388531508043/
### Hot Foods

- **Cheese and Bacon Roll** $1.50
- **Chicken & Veg Pie (reduced fat)** $4.20
- **Chicken Drumstick** $2.40
- **Chicken Nuggets (6 per serve)** $3.00
- **Corn Cob*** $1.80
- **Fried Rice *** $4.00
- **Garlic Bread*** $1.40
- **Grilled Chicken Burger** (Grilled chicken / lettuce / mayonnaise on sesame seed bun) $4.00
- **Hamburger** (Beef pattie / lettuce / tomato / tomato sauce on sesame seed bun) $3.00
- **Extras** (eg Beetroot, Pineapple, Cheese) Add 30¢ ea

### Wholemeal or White

- **Bread + Margarine ☺** 80¢
- **Roll + Margarine ☺** $1.00
- **Vegemite ☺** $1.50
- **Chicken/Cheese/Tuna/Ham/Salad ☺** $2.50
- **Chicken/Cheese/Tuna/Ham +Salad ☺** $3.50
- **Ham, Cheese + Tomato ☺** $3.00
- **Toasted Rolls** extra 20¢
- **Wraps:**
  - Salad (lett/tom/carrot/cucumber) ☺ $3.00
  - Salad WITH Chicken OR Cheese OR Tuna ☺ $4.00

### Salad Bowls

- **Plain:** Lettuce, tomato, carrot, cucumber $3.00
- **With:** Chicken OR Ham OR Tuna ☺ $4.00
- **Mini Salad** (Lettuce, Tomato, Carrot, Cucumber, Cheese) ☺ $2.00
- **Extras** eg cheese, pineapple 50¢ ea

### Nutrition News Flash

- Items with this symbol are a healthier choice than similar items. We stock no RED foods except on special fun days.
- *May contain ham/pork
- ***Vegetarian