



Canteen Opens at 8.45am every day. Please place orders before 9.10am. Orders placed after 10am will be from the sandwich menu only.



**Lunch and recess orders should be placed in separate bags, with child's name and class clearly marked.**

**If you would like to volunteer for canteen, please phone Tina on 0450284549.**

Why not go on the standby list and be on call to work 9am-11am on your nominated day if required.

A suggestion box is available in the canteen if you have any fresh, yummy and healthy ideas for our canteen menu.



**Sandwiches**

Made on 100% wholegrain soft & smooth bread	\$	
✓ Bread & Butter (2 slices)	90c	
✓ Vegemite	1.00	
✓ Cheese (tasty)	1.10	
✓ Cheese & Vegemite	1.20	
✓ Baked Beans	1.30	
✓ Egg	1.40	
✓ Egg & Lettuce	1.50	
✓ Ham (shaved leg ham)	1.40	
✓ Ham & Cheese	1.60	
✓ Ham & Tomato	1.50	
✓ Ham, Cheese & Tomato	1.70	
✓ Ham, Cheese & Pineapple	1.70	
✓ Ham & Salad	1.90	
✓ Ham, Salad & Cheese	2.10	
✓ Salad (lettuce, carrot, tomato, cucumber, beetroot)	1.50	
✓ Roast Chicken	1.50	
✓ Roast Chicken & Salad	2.00	
✓ Tuna & Cucumber	2.00	
Bread Roll	add 50c	
Wrap (1/2)	add 50c	
Toasted	add 20c	
Extra Cheese	add 20c	
Extra Egg	add 50c	
Extra Salad items (each)	add 10c	

**Salad Boxes**

✓ Salad (tomato, lettuce, carrot, cucumber, beetroot, pineapple, cheese & 1 slice of bread)	2.00
✓ Salad & Ham	2.50
✓ Salad & Egg	2.50
✓ Salad & Chicken	2.50


**Hot Food**

✓ Corn on the Cob		60c
✓ Roast Chicken Drumstick		1.50
✓ Cheese Burger (homemade lean beef pattie)		2.50
✓ Hamburger (Homemade pattie, salad & sauce)		2.50
✓ Roast Chicken Burger (with lettuce & mayo)		2.50
✓ Lasagna		2.50
Chicken Nuggets		5 for 2.00
Party Pie (low fat)		1.50
Large Pie (low fat)		2.50
Sausage Roll (low fat)		1.70
Pizza Ham & Pineapple		2.50
Pizza Rounda Pocket		2.50
Tomato Sauce sachet		add 20c

**Drinks**

✓ Bottled Water 600ml		1.00
✓ Plain Milk 300ml		1.00
Flavoured Milk 300ml		1.50
Popper 100% Juice 250ml		1.50
* Only plain milk and water available before school *		

**From the Freezer**

✓ Frozen Orange Quarters		20c
✓ Frozen Pineapple Slices		20c
Slushies (assorted flavours)		1.00
Quelch 99% Fruit tubes		40c
Miniz Ice Cream		70c
Icy Pole Lemonade		90c
Vanilla Cup (lite)		1.00
Frozen Yoghurt (lite)		1.20

**Home Cooking**

Available lunch and recess until sold

Mondays ~ Anzac Biscuits	20c
Tuesdays ~ Mini Muffins (assorted fruit)	10c
Wednesdays ~ Cornflake biscuits	20c
Thursdays ~ Scones (1/2) or Rockcakes	20c
Fridays ~ Chef's surprise	20c
Everyday ~ Banana Bread	50c
When available ~ Pikelets	20c
When available ~ Date Slice	50c
When available ~ Fruit Cake	50c
When available ~ Large Muffins	50c

**Snacks**

✓ Freshly Air Popped Popcorn	20c
✓ Raisin Toast per slice (thick café style)	60c
✓ Boiled Egg	50c
✓ Small Fruit Salad Cups	50c
✓ Large Fruit Salad (seasonal fresh fruit)	\$1.00
✓ Assorted Fruit (seasonal)	50c
✓ Apple Slinky Snake (bring your own apple)	free
✓ Go-gurt Yoghurt Tubes (fridge or frozen)	50c
Plain Jelly Cup (1/2 cup)	30c
✓ Jelly, Fruit and Custard Cup (full cup)	50c

**School Supplies**

Gluestick (small)	90c
Gluestick (large)	1.10
Sharpener	60c
Pencil HB	50c
Pen (Blue, Red or Black)	50c
Eraser	50c
Ruler (plastic)	70c
Ruler (wooden)	90c



Under the NSW Canteen Guidelines, foods are classified as **RED only twice per term**, **AMBER occasional foods** and **GREEN fill the menu**. Our canteen menu does not include red foods. GREEN foods (marked with a ✓) can be chosen every day and are healthy choices. Other foods are amber foods. They have moderate levels of saturated fat and/or added sugar and/or salt and should not be chosen every day. Coal Point Public School Canteen conforms to the Fresh Taste Healthy Schools Guidelines.