

Parkes Public School Canteen List 2021



Preferred ordering via flexischools www.flexischools.com.au

Alternatively write a paper bag order and have students bring to the school canteen.

Please note any orders not placed on flexischools will incur a \$0.50 processing fee.

To keep in line with healthy school canteen the *E* is for everyday items & *O* is for Occasional items.

Recess Snacks (order only)

Grilled Toastie	
Cheese or cheese + tom sauce <i>E</i>	\$1.00
Recess fruit cup <i>E</i>	\$1.00
2 Pikelets plain or margarine <i>E</i>	\$1.00
2 Pikelets & jam or honey <i>E</i>	\$1.00
Cucumber, cherry toms & carrot <i>E</i>	\$2.50
Banana bread <i>O</i>	\$2.00

Snacks (recess & lunch)

Carrot sticks <i>E</i>	\$0.30
Grapes <i>E</i>	\$1.00
Watermelon <i>E</i>	\$1.00
Boiled egg <i>E</i>	\$1.00
Rice crackers pack <i>E</i>	\$1.00
Cheese & crackers <i>E</i>	\$1.00
Air popped popcorn bag <i>E</i>	\$1.00
Custard cup <i>E</i>	\$1.00
Cereal cup <i>E</i>	\$0.50
Cereal cup + milk or custard <i>E</i>	\$1.00
Yoghurt pouch <i>E</i>	\$1.00
Yoghurt & fruit cup <i>E</i>	\$1.00
Custard & fruit cup <i>E</i>	\$1.00
Apple or banana <i>E</i>	\$1.00
Frozen pineapple ring <i>E</i>	\$1.00
Fruit stick <i>E</i>	\$0.50
Frozen orange wedge <i>E</i>	\$0.20
Grain waves chips <i>O</i>	\$1.50
Jelly cup <i>O</i>	\$1.00

Salads

<u>Quiche & Salad <i>E</i></u>	\$7.00
(mixed lettuce, cherry toms, cucumber, carrot & grated cheese)	
<u>Salad Box <i>E</i></u>	\$4.60
(lettuce, cucumber, tomato, carrot, cheese & mayo)	
Add ham <i>E</i>	\$1.10
Add chicken <i>E</i>	\$1.60
Add egg <i>E</i>	\$0.80
<u>Side Salad <i>E</i></u>	\$2.10
(lettuce, carrot, cucumber, cheese & tomato)	
<u>Fruit Salad</u>	
Fruit Salad <i>E</i>	\$3.60
with custard/yoghurt <i>E</i>	\$4.70
(Seasonal fruit & may include canned fruit)	
(Please note salad boxes & quiche come with mayo or french dressing)	

Sandwiches/Wraps/Rolls

White/Wholemeal sandwich

Ham <i>E</i>	\$2.80*
Ham & Cheese <i>E</i>	\$3.20*
Ham, Cheese & Tomato <i>E</i>	\$3.50*
Chicken <i>E</i>	\$3.50*
Chicken & Cheese <i>E</i>	\$3.80*
Egg <i>E</i>	\$2.80*
Egg & Lettuce <i>E</i>	\$3.20*
Cheese <i>E</i>	\$2.50*
Honey <i>E</i>	\$2.50*
Strawberry Jam <i>E</i>	\$2.50*
Vegemite <i>E</i>	\$2.50*

Rolls/Wraps	\$0.60
Toasted	\$0.20

Build your own

Ham \$ 2.90	Chicken \$3.60	Egg \$2.90
* Add fillings from below list \$0.40ea		
Cheese, Tomato, Lettuce, Carrot, Cucumber		
<u>Sauces</u>		
BBQ /Tomato/Sweet Chilli	Sauce	\$0.30

Hot Food

(Not available at recess)

Hamburger <i>E</i>	\$5.00
(meat, lettuce, cheese, tomato & sauce)	
Grilled chicken caesar wrap <i>E</i>	\$5.00
(lettuce, tomato, cheese + caesar dressing)	
Grilled chicken wrap <i>E</i>	\$5.00
(lettuce, tomato, cheese + mayo or sweet chilli)	
Flame grilled chicken burger <i>E</i>	\$5.00
Meatballs & sauce <i>E</i>	\$4.00
Spaghetti Bol <i>E</i>	\$4.50
Corn on the cob <i>E</i>	\$1.00
Garlic cheese pizza <i>E</i>	\$4.00
Ham & cheese pizza <i>E</i>	\$4.50
Ham, cheese & pineapple pizza <i>E</i>	\$5.00
BBQ chicken pizza <i>E</i>	\$5.00
Loaded vegetable pizza <i>E</i>	\$4.50
Macaroni & cheese <i>E</i>	\$4.50
Lasagne <i>E</i>	\$4.50
Garlic bread <i>E</i>	\$2.00
Pumpkin soup & bread roll <i>E</i>	\$5.00
Chicken sticks (serve of 6) <i>O</i>	\$4.00
Party pies (serve of 3) <i>O</i>	\$4.00
Chicken tenders <i>O</i>	\$1.80
Hash brown <i>O</i>	\$1.00
Lite sausage roll <i>O</i>	\$3.70
Chicken tender wrap <i>O</i>	\$5.00

If items are not available your child will be offered an alternative.

Break Times

11.05-11.30 1.15-2.00

Lunch bags \$0.20 ea

Gluten Free Hot Food

GF chicken tenders	\$2.00
GF spaghetti bol	\$4.50
GF garlic bread	\$2.50
GF sausage rolls	\$4.00

Frozen Treats

Quelch icy tube <i>E</i>	\$1.00
Snap stick <i>E</i>	\$1.00
(2 flavours available ask at canteen)	
Frozen juice cup <i>E</i>	\$0.50
(3 flavours available ask canteen)	
Frozen milk cups <i>E</i>	\$0.50
(3 flavours available ask canteen)	
Tnt <i>E</i>	\$1.00
(Blue, berry, chocolate, strawberry)	
Licks ice block <i>E</i>	\$1.50
(mango, very berry)	
Ice cream cup <i>O</i>	\$1.50
with milo <i>O</i>	\$1.70
Paddle pop <i>O</i>	\$1.70
(ask canteen for flavour of the day)	

Drinks

Bottled spring water <i>E</i>	\$2.00
99% Fruit juice popper <i>E</i>	\$2.00
(tropical/orange/apple/apple b-currant)	
Fruit slushie <i>E</i>	\$2.00
(4 flavours available ask at canteen)	
Flavoured milk popper <i>E</i>	\$2.50
(chocolate or strawberry)	
Milkshakes <i>E</i>	\$2.50
(chocolate, s-berry, vanilla or caramel)	
Chill J <i>E</i>	\$2.50
(coola, grape, watermelon, raspberry)	
Juice bomb's <i>E</i>	\$2.50
(coola, orange passio, b-currant, raspberry)	
Cold/Hot milo <i>O</i>	\$1.50

Parent helpers are always welcome contact the school & speak to the canteen supervisor to see how you can help.

02 6862 1702

Canteen Information

Open Monday, Tuesday, Wednesday, Thursday and Friday for Recess and Lunch

Volunteers are always needed and welcomed in the canteen. If you would like to volunteer in the canteen just pop in or message us on Facebook and let us know when suits you the best.

Please like our Facebook page; Parkes Public School P&C

Two Ways to Order

Flexischools (preferred ordering method)	Lunch Bags (Bins)
<ul style="list-style-type: none"> • Go to www.flexischools.com.au or download the app • Set up an account • Follow the prompts to order either Recess or Lunch • Select date • Order items • Confirm and pay <p>*You can pay per order, or add a lump sum to your account and use it as credit each time you order. ** Cut off time for lunch orders is 9.30am**</p>	<ul style="list-style-type: none"> • Write child's name, class at top of bag • Write food and drinks • Write amount owing and put money in bag • 20c will need to be added if you need the canteen to supply a bag • Please do not use sticky tape or staples on the bags • Put bags in the lunch order bins on Primary or Infants side of school before class starts at 9.05am <p>* any orders not placed on flexischools will incur a \$0.50 processing fee</p>

Infant's lunches are picked up by students at the canteen window.

Primary lunches are packed in thermal eskies and delivered, by lunch monitors, to the playground.

Drinks are collected from the primary canteen.

If an ice cream, ice block, milkshake is ordered, it is the child's responsibility to bring the bag to the canteen or come to the canteen after they've eaten to collect the item.

Example Lunch Order Bag

Kath Johns 2K Lunch	
1 Ham Sandwich	2.90
1 Choc Milk	2.50
1 Ice Cream Cup	1.50
Total	6.90
\$7 enclosed	
10c change required	

Policy for cancelling orders

This policy relates to a child whose order needs to be cancelled on the day it has been ordered. This is most likely due to the child being ill and needing to go home.

If the meal has been made then it must be collected from the canteen and taken home. A refund can be given on snack items that are able to be sold on.

Cancellation times are: Recess: before 10.30am, Lunch: before 11.30am. To receive a refund or hold over a hot food order parents must contact the canteen (not the student's teacher).

It is the parent or guardians responsibility to contact the canteen to let them know what day they would like the order filled. Orders can be held for up to two weeks.