



# TINONEE PUBLIC SCHOOL P&C CANTEEN



## WINTER MENU 2024

■ Everyday food choice- eat plenty

■ Occasional food choice- eat in moderation

Term 2 & 3



### RECESS only -11am - please order

- Cheese Melts\* 40c
- Pikelet with Straw. jam \* 50c
- Vegemite scrolls \* 40c
- Savoury Muffin **New!** \$1.50
- Pizza scrolls \* 40c
- Toasted Banana Bread \* \$1.20

# Fresh

### SANDWICHES /WRAPS (High fibre)

- Cheese ,Vegemite or Jam \$2.00
- Egg & Lettuce \$3.50
- Ham \$3.00
- Ham ,Cheese & Tomato \$3.50
- Chicken Breast \* \$3.50
- Tuna \$3.00
- Salad \$4.00
- Ham/Chicken & Salad \$5.00

*\*Toasted please add 30c extra*



### SNACKS

- Fruity Burst cereal bag **New !** 20c
- Frozen Pineapple ring 50c
- Jelly cups (99%Juice)\* 50c
- Boiled Egg 80c
- Fruit-Apple Slinky \$1.00
- Scone with Straw. jam \* \$1.00
- Muffin \* Blueberry, A/Crumble \$1.00
- Nestle Mousse \$1.00
- Toasted Banana Bread \* \$1.20
- Chips- Red Rock Sea Salt \$1.50



### ICECREAMS

- Frozen water cup\* 10c
- Milk cups choc/strw\* sml 20c lge 40c
- Juice cups\* A,ABC,O mini 20c lge40c
- Blueberry Yoghurt Pop- \* 50c
- Zooper Dooper (NAS) 50c
- Snap Stix varieties 99% juice \$1.00
- Raspberry/Watermelon TNT \$1.00
- Mini Yoghurt Stick 50c



# Morning

### BREAKFAST- Friday 8.45am

- Toast – Vegemite or Straw Jam 40c
- Hot Chocolate- warm or cold \$1.50



### HOT FOOD \*Tomato/BBQ Sauce 40c

- Beef Nacho's \* \$4.20
- Butter Chicken & Rice\* **New!** \$4.50
- Spaghetti Volcano bun\* \$3.50
- Chicken Fried Rice \* \$3.50
- Toasties- (Sandwich or Wrap)\$3.80
  - Chicken & Cheese
  - Ham & Cheese
  - Ham, Cheese & Tomato
- Pizza's \* all \$3.50
  - Cheese
  - Chicken & Cheese
  - Hawaiian-Ham,Cheese,P/apple
- Chicken Dino's (5 for \$3.00) 60c
- Chicken Fingers (5 for \$3.00) 60c
- Hash Brown \$1.00
- Sausage Roll \$3.50
- Meat Pie (large) **New!** \$4.00



# Hot!



### BURGERS

**Our Beef Patties are canteen made!**

With- Mayo, Sweet chilli, Tomato or BBQ

- Chicken Burger-standard \$4.50  
(Crumb patty, lettuce, mayo or sauce)
- Beef & Cheese Burger\* \$4.50
- Tinonee Beef Burger w/salad\* \$5.00



### DRINKS

- Hot Chocolate \$1.50
- Just Juice Popper A.ABC,O \$2.00
- Water – small \$1 large \$1.50
- Flav.Sipahh straw & milk \$1.60
- Flavoured milk-Choc/Straw \$2.50
- Slushies – small \$1 large \$2.00
- Berri Juice- Apple & ABC \$2.30
- Up n Go (Choc, Vanilla, Straw)\$2.50
- Juice Bomb can- 99% juice \$2.50  
(Lemon, Rasp, Grape, Watermelon)

**\* Items freshly made in our Canteen!**



### BIRTHDAY BUCKETS- \$20

Your child can now celebrate their birthday with classmates by sharing a decorated bucket of 99% Juice Snap Stix

# Thirsty

# Party



Online orders [www.flexischools.com.au](http://www.flexischools.com.au) Flexi help line: 1300 361 769  
 For paper bag orders please write your child's name & class on the bag.  
 Canteen Manager: Michelle Swannack Phone: 0478062825 School: 6553 1279

# TINONEE PUBLIC SCHOOL P&C CANTEEN

Manchester Street, Tinonee. NSW.2430 Ph.65 531279



The Canteen is open Monday to Friday from 9:00am - 1:30pm, volunteers permitting. Breakfast is available Fridays from 8.45am

Your child's order can now be lodged in either of two ways:

1. The Bag system- please write your child's name, class and order onto a paper bag. This bag and money then needs to be dropped into the red box located outside the Canteen by 9am.

OR

2. Online orders at [www.flexischools.com.au](http://www.flexischools.com.au)  
After the initial registration process, you may place orders daily or in advance. A small fee does apply to each order. **Cut off time for Breakfast orders is 8am and Lunch and Recess orders 9am.**

**Note:** Children who require change or have ordered frozen treats or drinks will need to show their lunch bags at the canteen at lunch time to collect the rest of their order.



Our school canteen endorses the NSW Healthy School Canteen Strategy. Our menu received the official Healthy Canteen status for the second time in March 2021.



Our menu has been colour coded for easy reading in accordance with the strategy.

## ■ EVERYDAY FOODS

All food items coloured Green are recommended as **"Eat Plenty"**

## ● OCCASIONAL FOODS

All food items coloured Amber are recommended to be

**"Eaten in moderation"**

Please visit: [healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au) for further information



Updated Term 2 2024

SIGN UP TO  
VOLUNTEER!

DO YOU HAVE A  
SPARE COUPLE OF  
HOURS?

Why not come and join our friendly group of volunteers who ensure our students have the best choice of healthy meals each day.

We are always in  
need of extra  
volunteers. Age is no  
barrier.

No experience is necessary and you're sure to enjoy a day spent meeting new friends and seeing your children's excitement at your being in the canteen. Plus your lunch is on us!!

Part days are also available. Any time you can spare is always of great assistance!

If you can help, please contact the supervisor, Michelle on 0478062825 or School on 65 531279.

*Hope to see you soon  
Michelle*

