

## Hot Food

Fried Rice .....	3.50
Fantastic Noodles (Primary only) .....	2.50
Chicken Noodle Soup .....	2.50
Chicken Nuggets (each) .....	.50
Vegetable Spring Roll .....	.50
Belgian Waffles .....	2.50
Sweet Chilli Chicken Pieces .....	1.20
RICE with Sweet Chilli/ Soy Sauce .....	1.00
Hash Browns .....	1.00
Mexican Melts .....	.50

## Pies

Meat Pie	large .....	2.60
	small .....	1.60
Chicken & Vegetable Pie .....		2.70
Sausage Rolls .....		1.80

Sauces (each): .....	.20
Tomato, Sweet & Sour, Sweet Chilli Sauce	

## Pasta

Lasagne; Meat .....	3.50	
	Vegetable .....	3.50
Home Made Pasta Bolognaise .....	3.50	
Macaroni Cheese .....	3.50	

## Burgers

Chicken .....	4.00
Vegetable .....	4.00
Sweet Chilli Chicken .....	4.00



## Pizza Singles

Meat Lovers or Hawaiian : .....	2.00
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**PLEASE INCLUDE A PAPER BAG**  
with your lunch order. Separate bags  
**MUST** be supplied for hot & cold items.  
Bags can be purchased for 10c each.

**Items NOT available in lunch orders are;**  
Frozen Fruity tubes, ice blocks, ice creams, frozen  
pineapple slices and frozen orange segments

## Sandwiches

Bread Rolls; extra .....	.50
Vegemite, Honey or Jam .....	1.50
Baked Beans or spaghetti .....	1.80
Tomato or Pineapple .....	1.80
Ham & Cheese .....	3.50
Cheese .....	2.20
Egg .....	2.20
Ham, Chicken or Tuna .....	3.00

### EXTRA:

cheese, pineapple or salad ingredient, add each .....	.50
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<b>Salad Sandwich</b> (lettuce, tomato, carrot, cucumber, alfalfa & beetroot) .....	4.00
<b>EXTRA</b> filling: ham, chicken, egg or tuna, add ea. .....	.70

## Jaffles & Hot Rolls

add 30c to sandwich prices .....	.30
ie: Ham & Cheese Jaffle sandwich .....	3.80

## Salad box

.....	4.50
with either ham, chicken, egg or tuna, add .....	.70

## Wraps

Salad with ham, chicken or egg .....	4.50
Caesar Salad .....	4.50
Chicken Caesar Salad .....	4.80



## Bakery

Buttered Roll .....	.80
Bacon & Cheese Roll (small) .....	1.20
Muffins, home baked .....	1.00
Banana Bread .....	1.00
Assorted cookies .....	.50

## Fridge & Freezer

Yoghurt .....	1.20
Frozen Yoghurt .....	1.70
Custard .....	1.50
Frozen Fruit Cup .....	.80

## Chips & Snacks

All chips .....	1.20
Plain, Honey Soy .....	1.20
Gluten Free: Italian, BBQ and Salt & Vinegar .....	1.20
Rice Cakes; BBQ or chicken .....	1.20
Popcorn .....	1.20
Celery and/or Carrot Sticks .....	.30
with hommus .....	.50

## Drinks

<b>Milk:</b> chocolate, strawberry or banana .....	1.80
<b>Plain Milk</b> .....	1.50
<b>Soy Flavoured Milk</b> .....	1.50
Water 350ml .....	1.00
Water 600ml .....	1.50
Orange or Apple Juice (squeezed) .....	1.50
Popper fruit juice .....	1.20
Aroona flavoured; pine/lime/orange .....	1.50

## Other Items

Fresh Fruit .....	1.00
Fresh Fruit Salad (pre-order) see over .....	3.00
Black Licorice .....	.20
Red licorice .....	.20
Apricot pieces .....	.10
Fruit Balls (packet of 10) .....	.20
Fruit Balls (packet of 20) .....	.40
Natural Fruit & Yoghurt lolly bag .....	.40
Ovalteenies .....	1.00

**specials: on-line ordering only**  
**www.flexischools.com.au**

<b>TUESDAY</b> Nachos .....	4.00
<b>WEDNESDAY</b> Butter Chicken .....	4.00
<b>THURS</b> Teriyaki Chicken and Rice .....	4.00
<b>FRIDAY</b> Chilli Con Carne .....	4.00

### FRIDAY infants only (K-2)



Apple Slinky day, 1 x apple ... 1.00  
B.Y.O apple .....

slinked FREE

## Over-the-counter only

Frozen Orange segment	.15
Frozen Pineapple slice	.30
Frozen Fruity tubes (Lick stick) — half	.30
Frozen Fruity tubes (Lick stick) — whole	.60

+ a variety of Canteen Association approved Ice Creams and Ice Blocks.

**Look out for our daily over-the-counter specials!**

## Fruit Salad

Pre-ordered only. Made fresh every day..... 3.00

## Morning Tea

**Canteen will be serving Years 3—6 only.**

*Should your child forget his/her morning tea, a piece of fruit will be given & charged at \$1 a piece, to be reimbursed to the Canteen the next day.*

## Lunch

**Canteen will serve ALL years (K—6)**

Use normal lunch order system. These should be in your class lunch order boxes BEFORE class starts to ensure your order is processed in time.

**Don't forget your 'paper bag'.**



*Should your child forget his/her lunch, a vegemite or honey sandwich and a piece of fruit will be given & charged at \$2.50 which is to be reimbursed to the Canteen the next day.*

A limited quantity of **hot food** will be available over the counter each day.

**! Do not place lunch orders if your child is going on an excursion.**

**each term...** we will have

one **SUSHI DAY** and

one **ICE CREAM DAY**

Look out for your order form with Wavelength.

## Volunteers needed...

Avalon Public School Canteen always needs volunteers to run smoothly each day.

If you can assist once a month, between 9am - 1.50pm (this can be very flexible) please contact: **Judy on 9918 0017.**

No experience necessary. Lunch, tea, coffee and good company are all provided.

Your children will be happy to see you in their favourite place — school.

A rewarding part of the school community.

*If you are rostered on and cannot make your rostered time slot, please advise the Canteen immediately so we can find a replacement in due time.*

Thanks to parents helping with baking of muffins, banana bread, pies, cookies etc. we have been able to keep the prices down to a minimum.

## Note:

Please check WAVELENGTH for new items and price changes.

Any questions regarding this menu?  
Contact Canteen on 9918 0017



strausdesign@bigpond.com.au



Avalon Public School



# Canteen ☺ Menu 2009

For online ordering:

**www.flexischools.com.au**



**The items on this menu are accredited by the NSW School Canteen Association who aim for nutritious low fat food.**

**canteen** (kn-tn) n.

1. **canteen** - sells food to personnel at an institution or school or camp etc. 2. A snack bar or small cafeteria. 3. A recreational facility, bar, or small general store. 4. A recreation hall or social club where refreshments are available. 5. A flask for carrying drinking water, as on a hike. 6. A box with compartments for carrying cooking gear and eating utensils. [French cantine, from Italian cantina, wine cellar.]