Florey Primary School Canteen

SNACK SHACK

Menu 2017

FLEXISCHOOLS - www.flexischools.com.au
Open: Monday—Friday for Recess & Lunch

(*) Amber Items  (H) Healthy Choice Items  (V) Vegetarian

**The Halal pies do not comply with the ACT Public School Food And Drink Policy 2015

Florey Primary School Canteen menu follows the national traffic light system (green, amber and red). It is our goal to have a 'healthy choice' canteen to ensure children are getting a healthy, tasty and filling lunch. For more information, please refer to the ACT Public School Food And Drink Policy 2015: (http://www.det.act.gov.au/teaching_and_learning/food-and-drink-guidelines/the-act-public-school-food-and-drink-policy-2015).

MEAL DEALS

<table>
<thead>
<tr>
<th>Loaded Potato</th>
<th>Healthy Bones Deal</th>
<th>Chicken Burger Combo</th>
<th>Hamburger Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday Only</strong></td>
<td><strong>Daily</strong></td>
<td><strong>Tue &amp; Wed Only</strong></td>
<td><strong>Tue &amp; Wed Only</strong></td>
</tr>
<tr>
<td>1 x baked potato</td>
<td>1 x Single Filling Sandwich</td>
<td>1 x Chicken Burger</td>
<td>1 x Hamburger</td>
</tr>
<tr>
<td>2 x Orange Wedges</td>
<td>1 x Strawberry Yoghurt</td>
<td>2 x UFOs</td>
<td>1 x Corn Cobbette</td>
</tr>
<tr>
<td>1 x Just Juice</td>
<td>1 x Cheese &amp; Biscuits</td>
<td>1 x Just Juice</td>
<td>1 x Water</td>
</tr>
<tr>
<td>$6.50</td>
<td>$6.50</td>
<td>$6.50</td>
<td>$6.50</td>
</tr>
</tbody>
</table>

DAILY DEALS

- Bri Special BRAIN FOOD
  - Chicken and salad wrap + your choice of sauce
  - Apple slinky
  - Just Juice drink
  - $6.50

- Tamara Tomato TASTY MEAL
  - Tomato and cheese toasted sandwich
  - 2 x whole pieces of Pineapple
  - $4.00

- Oscar Orange SPORTING FUEL
  - Yummy Spaghetti Napolitana sauce with cheese
  - 2 x Orange wedges Frozen or unfrozen
  - $4.00

- Over time, we will change and adapt our menu options and introduce new foods. We always welcome any feedback parents have to offer.
- The Snack Shack cannot run without the help of our wonderful Volunteers. To volunteer in the canteen, please fill out a form available from the front office.
- If your child has any dietary or cultural requirements, please contact the canteen to see if we are able to assist.

Please turn over the page to view the rest of our Menu...
## HOT FOOD (Available Daily)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>(H) Cottage Pie (lean mince, veg &amp; mash)</td>
<td>$4.00</td>
</tr>
<tr>
<td>(H) Beef Lasagne <em>(with cheese)</em></td>
<td></td>
</tr>
<tr>
<td>(H) Macaroni &amp; Cheese <em>(V)</em></td>
<td></td>
</tr>
<tr>
<td>(H) Yummy Spaghetti *(V) <em>(with cheese)</em></td>
<td></td>
</tr>
<tr>
<td>(H) Corn Cobbette <em>(each)</em></td>
<td>$1.20</td>
</tr>
<tr>
<td>(H) Loaded Potato <em>(MONDAY ONLY)</em></td>
<td>$4.50</td>
</tr>
<tr>
<td>*Sausage Roll <em>(incl 1 sauce)</em></td>
<td>$3.80</td>
</tr>
<tr>
<td><em>Cruizer Pie <em>(Halal option available)</em></em> <em>(incl 1 sauce)</em></td>
<td>$4.00</td>
</tr>
<tr>
<td>*Pizza Rounder</td>
<td>$3.80</td>
</tr>
<tr>
<td>*Chicken Goujons <em>(each)</em></td>
<td>$0.40</td>
</tr>
<tr>
<td>*Chicken Nuggets <em>(each)</em></td>
<td>$0.60</td>
</tr>
<tr>
<td>Sauce Sachets</td>
<td>$0.20</td>
</tr>
</tbody>
</table>

## TUESDAY & WEDNESDAY ONLY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger <em>(with Lettuce, Tomato, Cheese &amp; Beetroot)</em></td>
<td>$4.80</td>
</tr>
<tr>
<td>*Chicken Burger <em>(with lettuce &amp; Mayo)</em></td>
<td>$4.80</td>
</tr>
</tbody>
</table>

## WEDNESDAY AND THURSDAY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin Soup <em>(Winter Only)</em></td>
<td>$5.00</td>
</tr>
<tr>
<td>Chicken and sweet corn soup <em>(Winter Only)</em></td>
<td>$5.00</td>
</tr>
</tbody>
</table>

## THURSDAY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Pizza <em>(Cheese <em>(V)</em>, Meat Lovers, Hawaiian)</em></td>
<td>$4.00</td>
</tr>
<tr>
<td>*Meatball Sub</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

## FRIDAY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Nachos <em>(with salsa and low fat cheese)</em></td>
<td>$4.00</td>
</tr>
</tbody>
</table>

## RECESS/OVER THE COUNTER NIBBLES:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot sticks</td>
<td>$0.10</td>
</tr>
<tr>
<td>Orange Wedge</td>
<td>$0.20</td>
</tr>
<tr>
<td>UFO - Pineapple slice</td>
<td>$0.30</td>
</tr>
<tr>
<td>Popcorn - <em>(no butter)</em></td>
<td>$0.50</td>
</tr>
<tr>
<td>Watermelon Slice</td>
<td>$0.70</td>
</tr>
<tr>
<td>Grape Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Custard Tub</td>
<td>$1.00</td>
</tr>
<tr>
<td>Yoghurt <em>(110g low fat)</em></td>
<td>$1.20</td>
</tr>
<tr>
<td>Apple Slinky</td>
<td>$1.20</td>
</tr>
<tr>
<td>Fruit Salad Tubs</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

## SANDWICHES (Available Daily)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite/Honey/Jam</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.80</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.60</td>
</tr>
<tr>
<td>Salad <em>(Lettuce, tomato, carrot, cucumber &amp; cheese)</em></td>
<td>$3.80</td>
</tr>
<tr>
<td>Egg <em>(plain or curried)</em></td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese or Cheese &amp; Vegemite</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$3.20</td>
</tr>
<tr>
<td>Baked Bean Jaffle <em>(WINTER ONLY)</em></td>
<td>$3.80</td>
</tr>
<tr>
<td>(H) Chicken, Cheese &amp; Tomato</td>
<td>$4.00</td>
</tr>
<tr>
<td>Tuna &amp; Salad</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

## WRAPS (Available Daily)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad <em>(lettuce, tomato, carrot, cucumber &amp; cheese)</em></td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken &amp; Salad <em>(Halal)</em></td>
<td>$5.00</td>
</tr>
<tr>
<td>Egg &amp; Salad</td>
<td></td>
</tr>
<tr>
<td>Tuna &amp; Salad</td>
<td></td>
</tr>
</tbody>
</table>

## Fruit Break Orders *(To be collected from canteen)*

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watermelon Tub</td>
<td>$2.00</td>
</tr>
<tr>
<td>Orange Pieces</td>
<td>$1.00</td>
</tr>
<tr>
<td>UFO - Pineapple slice</td>
<td>$0.30</td>
</tr>
<tr>
<td>Grape Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Apple Pieces or Slinky</td>
<td>$1.20</td>
</tr>
<tr>
<td>Fruit Salad Tub <em>(4 Seasonal fruits)</em></td>
<td>$2.50</td>
</tr>
</tbody>
</table>

## DRINKS *(Available Recess and Lunch)*

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottled Water <em>(500ml)</em></td>
<td>$1.00</td>
</tr>
<tr>
<td>Plain Milk <em>(300ml)</em></td>
<td>$1.70</td>
</tr>
<tr>
<td>Nippy’s Milk <em>(Chocolate, Strawberry &amp; Honeycomb 250ml)</em></td>
<td>$2.00</td>
</tr>
<tr>
<td>Up &amp; Go <em>(Banana or Vanilla 200ml)</em></td>
<td>$2.00</td>
</tr>
<tr>
<td>*Just Juice <em>(Apple, Apple &amp; Blackcurrant &amp; Orange 200ml)</em></td>
<td>$2.00</td>
</tr>
<tr>
<td>*Hot Chocolate <em>(Winter)</em></td>
<td>$2.00</td>
</tr>
<tr>
<td>*Slushy</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

## FROZEN *(Available Lunch only)*

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Frozen Juice Cups <em>(Orange, Apple 110ml)</em></td>
<td>$1.20</td>
</tr>
<tr>
<td>Frozen UFO</td>
<td>$0.30</td>
</tr>
<tr>
<td>Frozen Pear Half</td>
<td>$0.50</td>
</tr>
<tr>
<td>Frozen Yoghurt Sticks</td>
<td>$2.00</td>
</tr>
<tr>
<td>Frozen Strawberry Yoghurt <em>(110ml)</em></td>
<td>$1.20</td>
</tr>
</tbody>
</table>