

## how to order

Our preferred method of ordering is via the Flexischool website - [www.flexischools.com.au](http://www.flexischools.com.au)

Or alternatively:

Please write your order on a paper bag and include the following information:

- Child's Name, Teacher's Name and Room Number
- Item(s) you would like to order
- Total amount of money enclosed



- Bags can be purchased from the canteen for a cost of 5c each
- Change will be taped to the lunch bag
- Please place the lunch bag in the Lunch Orders Tray in your child's classroom
- Food allergies - please discuss any food allergies with the Canteen Manager
- Credit - unfortunately we are unable to extend credit
- Mistakes - these happen sometimes, please ask your child to speak with the Canteen Manager

## about our canteen

Our canteen follows the WA Canteen Association's guidelines of healthy choices. You won't find full fat pastries, deep fried food or lollies on our menu. Our items are carefully selected to help our little ones stay healthy. You'll find lots of healthy choices such as fruit, vegetables, whole grains low fat dairy and lean meats. Importantly, our menu is nut free to reduce the risk to our children with serious nut allergies. If your child has any other allergies, please discuss this with our staff.

Have a lunchbox recipe to share? We're always looking for clever and healthy kid's snacks to share with other parents. If you have a recipe to share for the next menu, please let Naomi know.

Birds of a feather. We love volunteers at the canteen and we rely on them. Canteen helpers are always needed for any period of time between 10am - 1.30pm each day. Whether it's once a term, once a fortnight or once a week, it all helps, and everyone is welcome. Morning tea and lunch are provided, we just need you to wear closed in shoes and have hair tied back. Please let Naomi know if you'd like to help out and have a few hours to spare.

Who we are. Your canteen operates under the guidance of the Highgate Primary School P&C Canteen Committee. We're committed to providing delicious, healthy meals at reasonable prices.

Spreading our wings. We're always looking for new menu suggestions or feedback, so if there's something new you'd like us to think about, we'd love to hear from you.



## menu & price list

### term 3, 2017

Open Monday to Friday  
Recess - 10:35am to 10:55am  
Lunch - 12:35pm to 1:15pm



Canteen Manager - Naomi Putland  
9227 0103

## specials of the day

### MONDAYS

Chilli Con Carne with Rice	\$4.50
Chicken Burgers - w/salad, salsa & mayo	\$5.00

### TUESDAYS

Chicken Sushi	\$6.00
Tuna Sushi	\$6.00
Vegetarian Sushi	\$6.00

### WEDNESDAYS

Spaghetti Bolognese	\$4.50
Macaroni & Cheese	\$4.50
Beef Lasagne	\$4.50

### THURSDAYS

Rice	\$2.00
Egg Noodles with Vegetables & Chicken	\$4.50
Fried Rice	\$4.50

### FRIDAYS

Beef Pie	\$3.60
Ham & Cheese Pizza	\$3.00
Party Pie	\$1.50
Sausage Roll	\$3.20
Tomato Sauce	\$0.40

### \* \* EVERY DAY

Bacon & Egg Quiche	\$3.70
Spinach & Ricotta Roll	\$3.20
Corn Cob	\$1.00
Soup of the Day - with Fresh Bread	\$3.00



## available every day

### SANDWICHES, ROLLS AND WRAPS

~ All made with Helga's (preservative free) wholemeal bread ~

	Sandwich	Roll/Wrap
Butter	\$1.50	\$2.30
Vegemite	\$2.50	\$2.80
Cheese	\$3.30	\$3.60
Cheese & Salad*	\$3.90	\$4.20
Chicken	\$4.00	\$4.30
Chicken & Salad*	\$4.60	\$4.90
Egg/Curried Egg	\$3.80	\$4.30
Egg & Salad*	\$4.00	\$4.30
Ham	\$3.50	\$3.80
Ham & Salad*	\$4.00	\$4.30
Salad*	\$3.30	\$3.60
Tuna	\$3.30	\$3.60
Tuna & Salad*	\$3.70	\$4.00

\* Salad - lettuce, tomato, cucumber & carrot

~ Extras	Cheese	\$0.80	Beetroot	\$0.40
	Egg	\$1.00	Gluten Free	\$1.00

### SALAD BOXES

A delicious box of lettuce, tomato, cucumber, carrot and your choice of protein. Mayonnaise is optional.

Chicken Salad	\$4.50	Garden Salad	\$3.50
Egg Salad	\$4.50	Ham Salad	\$4.50
Potato Salad	\$4.00		

### DRINKS

Bottle Water	\$1.50
Sparkling Water	\$2.50
Flavoured Milk 300ml	\$2.00
Fruit Juice Box 250ml	\$1.20
Plain Milk 225ml	\$1.00
Milo	\$1.50

## available every day

### TOASTED SANDWICHES

Baked Beans	\$3.20
Baked Beans with Cheese	\$3.80
Cheese	\$3.50
Cheese & Pineapple	\$3.70
Cheese & Tomato	\$3.70
Chicken	\$4.20
Chicken & Cheese	\$4.60
Chicken & Tomato	\$4.40
Chicken, Cheese & Pineapple	\$4.80
Ham	\$3.70
Ham & Cheese	\$4.30
Ham, Cheese & Pineapple	\$4.50
Ham, Cheese & Tomato	\$4.50
Tuna & Cheese	\$4.00
Tuna & Tomato	\$3.70
Vegemite	\$2.50
Vegemite & Cheese	\$3.30



### TOASTED WRAPS

Vegetarian	\$5.00
Chicken, Cheese & Tomato	\$5.00

### SNACKS

Banana Chips	\$0.50
Cheese & Crackers	\$1.50
Fresh Fruit Salad	\$2.20
Fruit Yoghurt	\$1.80
Icy Poles	\$0.80
Jelly Fruit Cup	\$1.50
Fresh Piece of Fruit	\$1.00
Popcorn	\$0.60
Vegetable Sticks with Dip	\$1.50
Yogo Chocolate Dairy Dessert	\$2.00
Banana Bread	\$0.60