

Salad boxes

- Salad box\$3.70 ● V GF
Lettuce, cucumber, tomato, carrot, cheese
- Chicken salad box.....\$4.70 ●
- Ham salad box.....\$4.70 ●

Hot food

- Corn on the cob.....\$1.10 ● V GF
- Nachos\$4.20 ●
- Spaghetti bolognese.....\$4.20 ●
- Vegetarian fried rice\$4.20 ● V GF
- Vegetarian pasta\$3.20 ● V H
- Chicken nuggets x 6.....\$3.50 ● H
- Chicken nuggets x 4.....\$2.50 ● H
- Lasagne\$4.20 ●
- Satay chicken & rice (no nuts!)\$4.20 ●
- Chicken burger\$4.70 ● H
Lettuce, cheese, mayo
- Beef cruiser pie\$4.00 ●
- Party pie\$1.20 ●
- Sausage roll\$3.20 ●
- Sauce (tomato or BBQ)\$0.30

Pasta Meal Deals

- Lasagne Meal**\$6.00
Lasagne with a plain milk or water
Add fresh fruit salad or yoghurt
● with water ● with milk
- Spaghetti Bolognese Meal**\$6.00
Spag Bol with a plain milk or water
Add fresh fruit salad or yoghurt
● with water ● with milk
- Vegetarian Pasta Meal**\$6.00 v
Vegetarian pasta with a plain milk or water
Add fresh fruit salad or yoghurt
● with water ● with milk

Sandwiches & Wraps

	Sandwich	Wrap
Cheese\$2.20 ●	\$2.20 ●	\$2.90 ●
Low fat tasty cheese		
Salad.....\$3.20 ●	\$3.20 ●	\$3.90 ● v
Lettuce, cucumber, tomato, carrot, cheese		
Chicken & salad.....\$3.80 ●	\$3.80 ●	\$4.50 ●
Chicken, cheese & tomato\$2.80 ●	\$2.80 ●	\$3.50 ●
Ham & salad.....\$3.80 ●	\$3.80 ●	\$4.50 ●
Ham, cheese & tomato\$2.80 ●	\$2.80 ●	\$3.50 ●
Vegetemite.....\$2.00 ●	\$2.00 ●	N/A
Toasted sandwichAdd \$0.50		
Gluten free bread.....Add \$0.70		

Wholemeal bread is used unless requested otherwise.

Drinks

- Bottled water\$1.00 ●
- Fruit juice popper.....\$2.00 ●
Orange, apple, apple blackcurrant
- Plain milk (300ml, full fat)\$1.50 ●
Add a flavoured Sippah straw.....\$0.50 ●

Fresh/frozen treats

- Fresh fruit salad cup\$ 1.00 ● GF
- Fruit juice jelly\$ 1.00 ● GF
- Yoghurt.....\$1.30 ●
Vanilla or strawberry
- Frozen Milo pop\$0.50 ●
- Quelch Icy Pole\$0.60 ●
- Frozen juice cup.....\$1.00 ●
Orange or apple blackcurrant
- Paddle Pop.....\$1.60 ●
Rainbow or chocolate
- Frozen yoghurt\$1.80 ●

Over the counter sales

Lots of other items are available for **recess and lunch counter sales** every day. Items are rotated depending on availability and include garlic bread, pizza, chicken noodle soup, Anzac cookies & choc balls. All items are ● or ● and are priced from \$0.10 to \$1.00 each.



Code: ●=green (everyday foods), ●=amber (sometimes foods), GF= gluten-free, H=halal, V=vegetarian

The canteen is open every day during recess and lunch. See over page for online ordering.

Our canteen is proudly run by the Ngunnawal Primary P&C Association.

Canteen phone number: 6205 2264

Canteen helpers

Volunteers are always needed at the canteen!

Sign up for a regular shift or come in when you have a few hours to spare.

For more info:

- pop in to the canteen
- send an email to ngunnawalps_pandc@outlook.com
- message us at the Ngunnawal Primacy P&C Facebook page (<https://www.facebook.com/Ngunnawal-Primary-PC-Association-221250924740393>).

Online ordering

As well as cash payments, you can order and pay for lunch orders online by direct deposit, credit card or Paypal.



Just go to flexischools.com.au from your computer or mobile device.

Login or register for an account to get started.

It's free to register and very easy to use.

Traffic light system

Our canteen uses the traffic light system to sort foods and drinks according to their nutritional value and amount of fat, fibre, sugar and salt.

We sell **green** (everyday) and **amber** (sometimes) foods and drink in the canteen. **Red** items such as lollies and chips are not on the canteen menu.

