

## Salad boxes

- Salad box ..... \$4.00 ● V GF  
Lettuce, cucumber, tomato, carrot, cheese
- Chicken salad box ..... \$5.00 ●
- Tuna salad box ..... \$5.00 ●
- Ham salad box ..... \$5.00 ●

## Hot food

- Corn on the cob ..... \$1.00 ●
- Garlic bread ..... \$1.00 ●
- Nachos ..... \$4.50 ●
- Spaghetti bolognese ..... \$4.50 ●
- Vegetarian fried rice ..... \$4.50 ● V GF
- Vegetarian pasta\* ..... \$3.50 ● V H
- Mac and cheese ..... \$4.50 ● V H
- Chicken nuggets x 6 ..... \$3.50 ● H
- Chicken nuggets x 4 ..... \$2.50 ● H
- Chicken burger ..... \$5.00 ● H  
Lettuce, cheese, mayo
- Ham and pineapple pizza ..... \$4.00 ●
- Party pie ..... \$1.20 ●
- Sausage roll ..... \$3.50 ●
- Sauce (tomato or BBQ) ..... \$0.50

\* Gluten free pasta available on request.

## Pasta Meal Deals

- Mac and Cheese Meal** ..... \$6.00 ● v  
Mac and Cheese with bottle of water  
And fresh fruit salad or yoghurt
- Spaghetti Bolognese Meal** ..... \$6.00 ●  
Spag Bol with bottle of water  
And fresh fruit salad or yoghurt
- Vegetarian Pasta Meal** ..... \$6.00 ● v  
Vegetarian pasta with a bottle of water  
And fresh fruit salad or yoghurt

## Sandwiches & Wraps

	Sandwich	Wrap
Cheese ..... Low fat tasty cheese	\$2.50 ●	\$3.00 ● v
Salad ..... Lettuce, cucumber, tomato, carrot, cheese	\$3.50 ●	\$4.00 ● v
Chicken & salad .....	\$4.00 ●	\$4.50 ●
Chicken, cheese & tomato.....	\$3.00 ●	\$3.50 ●
Tuna & salad.....	\$4.00 ●	\$4.50 ●
Tuna, lettuce, mayo.....	\$4.00 ●	\$4.50 ●
Ham, cheese & tomato.....	\$3.00 ●	\$3.50 ●
Vegemite .....	\$2.00 ●	N/A
Toasted sandwich.....	Add \$0.50	
Gluten free bread .....	Add \$0.70	

*Wholemeal bread is used unless requested otherwise.*

## Drinks

- Bottled water ..... \$1.00 ●
- Plain milk (300ml, full fat) ..... \$1.50 ●
- Add a flavoured Sippah straw..... \$0.50 ●

## Fresh/frozen treats

- Fresh fruit salad cup..... \$1.50 ●
- Fresh fruit salad box ..... \$3.00 ●
- Fruit juice jelly..... \$1.50 ●
- Yoghurt ..... \$1.50 ●  
Vanilla or strawberry
- Frozen Milo pop..... \$0.50 ●
- Quelch Icy Pole ..... \$0.50 ●
- Frozen juice cup ..... \$1.00 ●  
Orange or apple blackcurrant
- Paddle Pop..... \$1.50 ●  
Rainbow or chocolate
- Frozen yoghurt..... \$2.00 ●
- Frozen fruit ..... \$0.20 ●

## Over the counter sales

Lots of other items are available for **recess and lunch counter sales**. 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. Collect frozen treats from the canteen (bring lunch order bag).

The canteen is open every day during recess and lunch. See over page for online ordering. Canteen phone number: 6142 1520

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



## Canteen helpers

Volunteers are always needed at the canteen!

Sign up for a regular shift or just pop in if you have a few hours to spare.

For more info:

- See the lovely staff at the canteen
- send an email to [ngunnawalps\\_pandc@outlook.com](mailto: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. You can even set up regular orders!



Just go to [flexischools.com.au](http://flexischools.com.au) from your computer or mobile device.

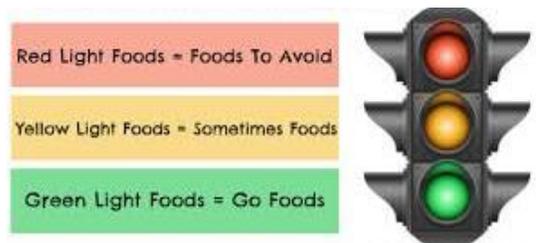
Login or register for an account to get started.

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 drinks in the canteen. **Red** items such as lollies and chips are not on the canteen menu.



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