

DPS CANTEEN MENU 2018 - TERM 3

(To be pre-ordered)

SANDWICHES / ROLLS / WRAPS

Choice of Bread Type -

Sandwich (Wholemeal) Bread	\$1.50
Roll (White)	\$1.80
Wrap (Wholemeal)	\$1.80
TOASTED (EXTRA)	\$0.50

Add filling -

Cheese	\$0.50
Chicken / Egg / Ham	\$1.00 (each)
Tuna	\$1.50
Vegemite	\$0.20
Pineapple (Toasted Only)	\$0.30

Salad Items - Lettuce / Tomato / Carrot / Cucumber / Beetroot \$0.30 (each)

Mayonaise \$0.20

SALAD BOXES (GF)

Salad includes lettuce, tomato, carrot, cucumber, beetroot

Small	\$3.00
Large	\$5.00
Add Cheese	\$0.50
Add Chicken, Egg, or Ham	\$1.00
Add Tuna	\$1.50
Balsamic Dressing	\$0.30

CHICKEN TENDER WRAPS

Each Wrap Includes :- Lettuce & Mayonaise

Small :- 1 Chicken Tender	\$2.50
Large :- 2 Chicken Tenders	\$5.00

Extra Salad items - Tomato, carrot, cucumber, beetroot \$0.30 each

SUSHI - WEDNESDAY & FRIDAY ONLY

Chicken & Cucumber	\$3.50
Tuna & Cucumber (GF)	\$3.50
Vegetarian	\$3.50
Mini (Baby) Sushi Packs (8 pieces)	\$3.90
Avocado (GF) / Chicken / Tuna	
Rice Paper Rolls <u>2 per Pack</u>	\$5.50
Beef / Chicken / Avocado (GF)	

(To be pre-ordered)

HOT LUNCH

Meals -

Bangers & Mash (GF)	\$4.50
Buttered Chicken (GF)	\$4.50
Cottage Pie (NEW)	\$4.50
Italian Meatballs	\$4.50
Lasagne (GF Option available)	\$4.50
Macaroni Cheese	\$4.00
Gluten Free Lasagne (GF)	\$4.50
Gluten Free Twista Pasta (GF)	\$4.50

GOODIES Bakery Items -

Chicken & Vegie Pie	\$4.00
Meat Pie	\$3.50
Potato Pie	\$4.00
Sausage Roll	\$2.50

BURGERS -

Cheese Burger - Beef Pattie, Cheese & Sauce (BBQ/Tom)	\$4.00
<i>Add extra Salad Items - lettuce, tomato, carrot, cucumber, beetroot</i>	\$0.30 each
Chicken Burger - Chicken Fillet, Lettuce & Mayo	\$4.00
<i>Add extra Salad Items - tomato, carrot, cucumber, beetroot</i>	\$0.30 each

OTHER HOT FOOD -

Gluten Free Chicken Tenders (GF)	\$1.30
Mini Meat Pie	\$1.00
Yummy Drummys	\$1.00

SAUCES -

Tomato	\$0.20
BBQ	\$0.30
Sweet & Sour	\$0.30
Soy	\$0.10

Please ensure all orders are placed over the counter or via Flexischools by 9:30am, Thank you.

(Over the Counter purchases only)

RECESS

Soft Serve YOGHURT (GF)	\$1.50
Mini Chicken Wrap	\$2.00
Pirhana Snaps (GF)	\$1.20
Pretzels	\$1.00
Delites - Rice Crackers (GF)	\$1.00
Warm Milo (Term 2 & 3)	\$1.00
Garlic Bread (from)	\$0.50
Popcorn (GF)	\$0.50
Frozen Pineapple (GF)	\$0.30
Fresh Fruit (from)	\$0.50

(Subject to availability)

DAILY RECESS SPECIALS

Monday & Wednesday

Cheese & Tomato Crackers	\$0.50
Warm Rice Cups (with Soy Sauce)	\$0.50
Corn on the Cob	\$0.50
Brownies	\$0.50
Lge Muffins	\$0.50
Sml Muffins	\$0.20

Wednesday & Friday

Finger Bun Half	\$1.00
Finger Bun whole	\$2.00

LUNCH TIME TREATS

Soft Serve YOGHURT (GF)	\$1.50
Red Rock Deli Chips	\$1.20
Pineapple Juice Ice Block (GF)	\$0.10
Milk Ice Block (GF)	\$0.20
Frozen Pineapple (GF)	\$0.30
Fruit Tube (GF)	\$0.50
Watermelon Fizz (GF)	\$0.60
Sour Raspberry TNT (GF)	\$0.60
Cola Pop (GF)	\$0.60
Lemonade Icy Twist (GF)	\$1.00
Lite Vanilla Ice Cream Cup (GF)	\$1.00
Mini Callipo	\$1.00
Juicies (GF) - Wildberry / Tropical	\$1.00
Paddle Pops (Choc/Rainbow)	\$1.50

Monday, Wednesday & Friday's from 9am

How to Order:

All lunches must be pre-ordered before 9:30AM
You can order by one of two ways -

Flexischools :

Flexischools is an online ordering system.
You can register at
<https://www.flexischools.com.au>
Flexischools offer you an easy & secure online option for ordering your Child's lunch.
No more hassle of having to find a paper bag or the correct change.
Orders close at 9:30am each day.

Over the Counter:

Clearly write your Child's name and class at the bottom of a paper bag . Drink Orders will need a separate bag, labelled with your child's name and class.
If you are unable to supply your own lunch bag these can be purchased at the canteen for \$0.10.
Please enclose payment in the lunch bag.

Please try and have correct change or small notes, as the canteen operates with only a small float early in the day.

Morning Tea and snack items need to be purchased over the counter.

Any Child who has forgotten their lunch order, will be provided with a sandwich.
An invoice will be sent home for payment

VOLUNTEERS

The canteen cannot operate without the valued support of parents, grandparents, family or friends who volunteer. We offer unlimited coffee and tea and lunch is provided. If you would like to join our wonderful group of volunteers (you can do either a full day 9am-3pm or a partial day), please email Duralcanteennews@gmail.com or leave a note at the office with your contact details.

ALLERGIES & FOOD INTOLERANCES

If your child has any dietary restrictions, please clearly mark these on your child's order. You are also most welcome to visit the canteen to view ingredient and nutritional listings to make the appropriate choices for your child.
No nut products are available from the school canteen.

Dural Public School's Canteen complies with the NSW Healthy Canteen Strategy.
Please discuss with your child the choices they make at the canteen.

Please ensure all orders are placed over the counter or via Flexischools by 9:30am, Thank you.



**Dural Public School
P&C Association**

Canteen Price List

2018

Supervisors:
Trudi Billington (*Mon/Wed*)
Shelley Conasch (*Fri*)
EML: duralcanteennews@gmail.com