

## FRESH CANTEEN @ TJPS

OPEN MONDAY – FRIDAY

8:30AM-3PM

Menu approved by the NSW Canteen Fresh Choice Program

### SUMMER MENU

#### RECESS MENU

##### GREEN CHOICES (FOOD THAT CAN BE EATEN OFTEN)

Carrot/Cucumber sticks	\$0.60
Brown rice crackers	\$1.00
Cut Seasonal Fruit	\$1.00
Popcorn	\$1.00
Health Pack ( Carrot, cucumber, cheese and crackers)	\$2.50

##### AMBER CHOICES (OCCASSIONAL FOOD)

Custard Cup	\$0.50
Pikelet	\$1.00
Vegemite Scrolls. 30c each/ \$1.50 for 5/ \$3.00 for 10	
Cheese and Bacon Roll	\$2.00
Banana Bread	\$2.00

#### DRINKS

Spring Water:	Small.	\$1.50.
Macquarie Valley 200ml Fruit Juice		\$2.50
(Apple Blackcurrant/Apple/Orange/Orange& Passionfruit)		
Norco Milk 250ml ( Chocolate/Strawberry)		\$2.50

#### COLD ITEMS

Big Orchy Cup (Orange/Apple/Apple Blackcurrant)	\$1.00
Frozen Milk Cup (Chocolate/Strawberry)	\$0.50
Frozen Pineapple	\$0.50
Mini Frozen Juicy Cup (Orange/Apple/Blackcurrant)	\$0.30
Fruit Slushie	\$0.50
Moosies (Chocolate/Blue Moon)	\$1.50
Twisted Frozen Yoghurt	\$2.50

(Watermelon Mango)	
Mini Frozen Yoghurt Star	\$0.20
Bulla Light vanilla Icecream Cup	\$1.00

#### EVERYDAY LUNCHES

*ALL HOT FOOD COMES WITH CUTLERY AT NO EXTRA COST*

##### GREEN CHOICES (FOOD THAT CAN BE EATEN OFTEN)

Macaroni Cheese ( Canteen Made)	\$5.00
Spaghetti Bolognese ( Canteen Made)	\$5.00
Lasagne ( Canteen Made)	\$6.00
Chicken Pizza Muffin ( Canteen Made)	\$3.00
Vegetarian Fried Rice ( Canteen Made)	\$4.00

##### AMBER CHOICES (OCCASSIONAL FOOD)

2 Chicken Tenders	\$4.00
4 Chicken Tenders	\$8.00
Sauce – Tomato/BBQ/Sweet n Sour	\$0.50
Nacho Dippers	\$5.00
Baked Beans and Roll	\$4.00

##### WRAPS/SANDWICHES (STANDARD IS WHOLEMEAL. CHOICE OF WHITE/WHOLEMEAL WRAP/BREAD)

*\*CAN BE TOASTED AT NO EXTRA CHARGE*

##### GREEN CHOICES (FOOD THAT CAN BE EATEN OFTEN)

Garden Salad	\$4.00
Chicken and Salad	\$5.50
Plain Chicken	\$4.00
Plain Tuna	\$4.00
Tuna and Salad	\$5.50
Ham and Salad	\$5.50
Ham and Light Cheese	\$4.00
Plain Egg	\$4.00
Avocado and Light Cheese	\$4.00
Toasted Chicken, Avocado, Cheese wrap	\$5.50

#### Add Ons

Egg	\$0.60
Avocado	\$1.00
Light Cheese	\$0.60
Beetroot	\$0.50

##### AMBER CHOICES (OCCASSIONAL FOOD)

Light Cheese	\$3.00
Plain ham	\$3.00
Vegemite	\$3.00
Strawberry Jam	\$3.00

#### SALADS

*ALL GREEN CHOICES (FOOD THAT CAN BE EATEN OFTEN) ALL SALADS COME WITH CUTLERY AT NO CHARGE*

Garden Salad Bowl	\$4.00
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#### Add Ons

Chicken	\$1.00
Ham	\$1.00
Tuna	\$1.00
Egg	\$0.60
Avocado	\$1.00
Light Cheese	\$0.60
Beetroot	\$0.50

#### BURGERS

Chicken and Cheese	\$4.50
Grilled Chicken	\$5.00
<i>Add pineapple for 50c to make a hawaiian burger</i>	
Beef Burger	\$5.00
Cheese Burger	\$4.50
Vegetarian	\$5.00

#### LUNCH BAGS COST 10c

Lunch orders available over the counter or online through flexischools.com.au – strict cut off at 9am for online orders.