



Toongabbie West Public School P&C

Canteen Menu and Price List

Prices Valid as of Term 1 week 2, 2020

Our canteen is committed to providing delicious healthy meals at reasonable prices.

After great work from our canteen team we are now accredited as a healthy school canteen.

The canteen is run by the P&C Committee and Parent Volunteers.

Canteen helpers are always welcome, please leave your name and phone number at the office.

We are open Mondays, Wednesdays and Fridays.

Points to remember when ordering from the canteen.

- Orders can be placed online at www.quickcliq.com.au no later than 8:45am
- All orders must be written on a brown paper bag, they can be purchased from Coles or Woolworths, AS OF 2020 WE WILL NO LONGER PROVIDE BROWN BAGS FOR LUNCH ORDERS.
- All orders must have your child's name, class and order clearly marked on the front of the bag.
- Halal Products are available for all our Chicken menu.
- All hot food must be ordered as there are limited over the counter sales.
- Orders should be placed in the letterbox at the front of the canteen before 9am or in canteen directly after 9am.

Crunch and Sip Offer

Fresh Fruit in season and a 250ml Bottled Water

\$1.50

Available Monday, Wednesday and Friday Only

Orders need to be placed at canteen by 9am so they can be delivered to

Your child's class by 9:30am

Hot Food

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|---|-------------|
| Potato Gems each (Edgell)..... | 20c O, V |
| Hot Cheese Roll (Homemade) | \$1.00 E, V |
| GoGo Garlic Bread 75g (Good Tucker Bakery) | \$1.50 O, V |
| Party Beef Pie 110g (Mrs Mac's Lite'n Up) | \$1.00 O |
| Chicken Breast Nuggets Premium 20g (Steggles): | |
| x3 | \$1.50 O |
| x6 | \$3.00 O |
| Vegetarian Nuggets: | |
| x3 | \$2.00 E, V |
| x6 | \$4.00 E, V |
| Classic Crumb Tender 100g (Steggles)..... | \$1.50 O |
| Chicken Burger (Steggles crumbed chicken patty 100g) with lettuce & mayo..... | \$4.00 O |
| Chicken Burger (Grilled chicken breast 85g) with lettuce & mayo..... | \$4.00 E |
| Hamburger with lettuce, tomato & sauce..... | \$4.00 E |
| Vege Burger with lettuce & mayo..... | \$4.00 E, V |
| Hot Ham & Cheese Roll homemade..... | \$3.50 E |
| Beef Lasagne 200g (Allied Chef)..... | \$3.00 E |
| Fried Rice 200g (Allied Chef)..... | \$3.00 E |
| Ravioli Napolitana 200g (Allied Chef)..... | \$3.00 E |
| Macaroni & Cheese 200g (Allied Chef)..... | \$3.00 E, V |
| Pasta Twista 200g (Allied Chef)..... | \$3.00 E |
| Vegetable Lasagne 200g (Allied Chef)..... | \$3.00 E, V |
| Butter Chicken 180g (Allied Chef)..... | \$3.00 E |
| Penne Napolitana 200g (Allied Chef)..... | \$3.00 E, V |
| Hot Dog 98% fat free 50g (Includes Sauce) (Hans)..... | \$3.00 O |
| Beef Pie 175g (Mrs Mac's Lite'n Up)..... | \$3.00 O |
| Sausage Roll 120g (Mrs Mac's Lite'n Up)..... | \$2.50 O |
| Ham & Pineapple Pizza (Allied Chef)..... | \$3.00 O |
| Cheese Pizza (Allied Chef)..... | \$3.00 E, V |
| Meat Lovers Pizza (Allied Chef)..... | \$3.00 O |
| BBQ Chicken Pizza (Allied Chef) | \$3.00 O |
| Cup of Soup Chicken Noodle | \$2.00 E |
| Cup of Soup Vegetable | \$2.00 E, V |
| Toasted Sandwich (Cheese/Ham/Tomato) | \$3.00 E |

E = EVERYDAY FOODS
O = OCCASIONAL FOODS
V = VEGETARIAN FOODS

Sandwiches - Made on Hi-Fibre Bread

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|----------------------------|-------------|
| Plain Buttered Bread | \$2.00 E, V |
|----------------------------|-------------|

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|--|-------------|
| Vegemite | \$2.00 E, V |
| Cheese | \$2.00 E, V |
| Ham | \$3.00 E |
| Roasted Chicken Breast Strips | \$3.00 E |
| Tuna | \$3.00 E |
| Salad (Lettuce, Tomato, Carrot & Beetroot) | \$3.00 E, V |
| Egg | \$3.00 E, V |
| Egg & Lettuce | \$3.00 E, V |

Wraps - Wonder White Hi-Fibre Soft

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|--|-------------|
| Ham & Salad | \$3.00 E |
| Roasted Chicken Breast Strips & Salad | \$3.00 E |
| Tuna & Salad | \$3.00 E |
| Salad (Lettuce, Tomato, Carrot & Beetroot) | \$3.00 E, V |
| Chicken Tender, Lettuce & Mayo | \$4.00 E |

Salads

| | |
|--|-------------|
| Ham & Salad | \$3.00 E |
| Roasted Chicken Breast Strips & Salad | \$3.00 E |
| Tuna & Salad | \$3.00 E |
| Salad (Lettuce, Tomato, Carrot & Beetroot) | \$3.00 E, V |
| Chicken Caesar Salad | \$4.00 E |

Dressing is available - Caesar, Mayo, French & Ranch

Extras

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|------------------------------------|-------------|
| Rolls White | \$1.00 E, V |
| Cheese Slice | 50c E, V |
| Tomato Slice | 50c E, V |
| Pineapple Slice | 50c E, V |
| Sauce Portion - Tomato & BBQ | 30c |

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Snacks

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|-----------------------------|-------------|
| Fresh Fruit in season | \$1.00 E, V |
| Cucumbers | 50c E, V |
| Carrot Sticks | 50c E, V |

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|---|-------------|
| Celery Sticks | 50c E, V |
| Air Popped Popcorn | \$1.00 O |
| Vanilla Custard Cup 70g (Brooke) | \$1.00 E |
| Golden Pikelet 25g | 50c E |
| Raisin Bread/Toast (Tip Top) | \$1.00 E |
| Corn Cobette | 50c E, V |
| Bread Stick 6.25g | 20c E, V |
| Boiled Egg | \$1.00 E, V |
| Vita Wheat Biscuits with Vegemite | \$1.00 E |
| Diet Jelly Cup | \$1.00 O |
| Diet Jelly Cup with Vanilla Custard | \$1.50 O |

Drinks

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|---|-------------|
| Hot or Cold Milo | \$1.00 E |
| Moo Chocolate or Strawberry 200ml (Devondale) | \$1.50 E |
| Plain Milk 200ml (Devondale) | \$1.00 E |
| Juice 99% Juice Apple, Orange & Tropical | \$1.50 E |
| Bottled Water 600ml | \$1.00 E, V |
| Bottled Water 250ml | 50c E, V |
| Sippah Straw - Choc, Choc-Mint, Cookies & Cream | \$1.50 E |
| Glee Sparkling Juice 250ml - Bubblegum Grape, Raspberry, Tropical & Blackcurrant..... | \$2.00 E |
| Fruchilla 99% Fruit Juice Small Slushie | \$1.00 E |
| Fruchilla 99% Fruit Juice Large Slushie | \$2.00 E |

WHEN CANTEEN IS OPEN FOR RECESS ONLY SMALL SLUSHIE'S WILL BE AVAILABLE

Ice Confectionary

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| Moosies - Chocolate & Blue Moon | \$1.00 O |
| Light Vanilla Ice Cream Cup 100ml (Bulla) | \$1.00 O |
| Juicies Tube (Tropical, Wild Berry & Lemonade) | \$1.00 E |

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