



ELLENBROOK PRIMARY SCHOOL

CANTEEN MENU 2020

Everyday Snacks – Recess and Lunch

Vege Sticks and Fruit	\$1.00 (G)
Seasonal Fruit	\$1.00 (G)
Apple Slinky	\$1.00 (G)
Corn on the Cob	\$1.00 (G)
Popcorn	\$0.50 (G)
Muffin (Assorted Flavours)	\$1.00 (A)
Banana Bread Large	\$1.50 (A)
Banana Bread Small	\$0.50 (A)
Pikelets 2 Per Serve	\$1.00 (G)
Brownie	\$0.50 (G)
Milo Cookie	\$0.50 (A)
Vege Chip Packet	\$1.50 (A)
Cheerios (Scoop)	\$0.10 (A)

Special Recess Items

Not Available for Kindy or Pre Primary

-MONDAY-

Garlic Bread	\$0.50 (G)
Pizza (Vegetarian)	\$1.00 (A)

-TUESDAY-

Nachos	\$2.00 (G)
Dino Snack	\$0.50 (A)

-WEDNESDAY-

Cheesy Plain/Spaghetti	\$1.00 (G)
Wedges	\$2.00 (A)

-THURSDAY-

Cheesy Plain/Spaghetti	\$1.00 (G)
Garlic Bread	\$0.50 (A)

-FRIDAY-

Cheesy Plain/Spaghetti	\$1.00 (G)
Hash Browns	\$0.50 (A)

Everyday Hot Lunch Items

Hot Chicken and Mayo Roll	\$4.50 (G)
Meatball and Cheese Sub	\$5.00 (A)
Lasagne (Gluten Free Option)	\$5.00 (G)
Spaghetti Bolognese	\$5.00 (G)
Mac and Cheese (Gluten Free Option)	\$5.00 (G)
Teriyaki Chicken with Rice	\$5.00 (G)
Vegetarian Lasagne Gluten Free	\$5.00 (G)

Special Lunch Items

- MUNCHIE MONDAY-

Hamburger with Salad	\$5.00 (G)
Chicken Burger with Salad	\$5.00 (G)
Vege Burger	\$5.00 (G)
Sausage Roll	\$3.00 (A)
Upgrade to a Juice Box or Water and Popcorn	\$2.00

(Salad Includes Mayo, Lettuce, Tomato, Carrot, Cucumber, Cheese or Tomato/BBQ Sauce)

-TASTY TUESDAY-

Pizza - Ham and Cheese	\$4.00 (G)
Pizza - Ham, Cheese and Pineapple	\$4.00 (G)
Pizza - Margarita (Vegetarian)	\$4.00 (G)
Upgrade to a Juice Box or Water and Popcorn	\$2.00

-WACKY WEDNESDAY-

Chicken Nugget Deal	\$4.00 (G)
Fish Fingers	\$4.00 (G)
Upgrade to a Juice Box Water and Popcorn	\$2.00

(Deal Includes Corn on the Cob or Hash Browns and Vege Sticks)

-THUMPIN' THURSDAY-

Full hot dog	\$4.00 (A)
Puppy dog	\$2.00 (A)
Upgrade to a Juice Box or Water and Popcorn	\$2.00

-FUNKY FRIDAY-

Beef Pie	\$4.00 (A)
Sausage Roll	\$3.00 (A)
Party Pie	\$1.00 (A)
Sauce (Tomato/BBQ)	\$0.50
Upgrade to a Juice Box or Water and Popcorn	\$2.00

Sandwiches

Chicken, Ham or Tuna (Including Mayonnaise)	\$3.50 (G)
Bread and Butter	\$1.00 (A)
Vegemite	\$2.00 (G)
Cheese	\$2.50 (G)
Tinned Spaghetti	\$2.50 (G)
Egg	\$2.50 (G)
Curried Egg	\$2.50 (G)
Salad Only	\$3.00 (G)
Upgrade to a Wrap	\$0.50

Salad Includes Lettuce, Tomato, Carrot and Cucumber

All sandwiches made with wholemeal bread – white available on request.

-Optional Extras-

Salad (Including Mayonnaise)	\$1.50 (G)
Cheese or Vegemite	\$0.50 (G)
Egg	\$1.00 (G)
Beetroot	\$0.50 (G)
Toasted	\$0.50

Salad Bowls

Salad Only	\$4.50 (G)
Salad with Ham, Chicken, Tuna or Egg	\$5.50 (G)
Chicken Strip and Salad Bowl (Salad Includes Lettuce, Tomato, Carrot, Cucumber and Cheese)	\$5.50 (G)

Drinks

Flavoured Milk Chocolate/Strawberry	\$2.50 (G)
Juice Box	\$2.00 (A)
Juice Bomb	\$3.00 (A)
Up & Go Chocolate/Strawberry/Banana	\$2.50 (A)
Water (600 ml)	\$1.00 (G)
Slushies Large	\$2.00 (A)
Slushies Small	\$1.00 (A)
Sipahh Flavoured Milk Straws	\$1.50 (G)
Cup of Reduced Fat Milk	\$1.00 (G)
Hot Milo	\$2.00 (G)

Everyday Frozen Treats

Not Available for Kindy or Pre Primary

Only Available to Purchase During Lunch Break

Icy Pole	\$1.00 (A)
½ Icy Pole	\$0.50 (A)
Moosie Milk Freeze Full	\$2.00 (A)
Moosie Milk Freeze Half	\$1.00 (A)
Twisted Frozen Yoghurt	\$2.00 (A)

Ordering Recess and Lunch

- Orders can be made using lunch bags (located at the canteen) or online through Flexischools.
- Recess and lunch orders must be placed before 10.00am and orders cannot be cancelled after 9.30am.
- Online ordering is only available until 9.00am. Please ensure all orders are placed by this time.
- To register for online ordering go to www.flexischools.com.au. Further information on online ordering is available at the canteen.

Important Notes

- Early Learning students (Kindy and Pre-primary) are unable to order recess items or everyday lunch treats as they are not allowed to leave the Early Learning area to collect.
- Everyday lunch treats are not available to be purchased until the siren has gone after the allocated eating time.

Traffic Light System

Our School adheres to the Traffic Light System introduced by the Government in 2006. This policy places foods into categories based on a Traffic Light. Our menu must comply and consist of a minimum of 60% Green which are those foods considered to be a healthy option.

All items that are Green, our healthiest option, are marked with a (G). Items that are Amber are marked with an (A) and are to be chosen carefully and considered sometimes.

Volunteers

The canteen is operated by the P&C Committee and relies heavily on volunteers. If you can volunteer any of your time to assist in the canteen we would love to hear from you. You will receive a \$5 voucher for your child to spend at the Canteen

Hours: Monday to Friday 8.00am to 2.00pm

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