

THE SCHOOL CANTEEN

Summer Menu 2017/2018

Tacking Point Public School

Breakfast 8:30 - 9 am

Toast - Vegemite/Jam	1.00
Yoghurt & Fruit	1.00
Up & Go Chocolate/Vanilla	2.50
Weetbix Bites w/low fat milk	1.00

Recess

Pasta Cups	2.00
Pizza Melts	2.00
Vegemite Scrolls	0.50

Drinks

Water (bottled)	1.50
Juice - Apple-blackcurrant	1.50
- Tropical	1.50
Sipaah Straw w/Milk	2.00
Flavoured Light Milk -	2.50
- Chocolate	
- Strawberry	
Milkshake (Light Milk)	3.00
- Chocolate or Vanilla	

Fruit & Vegie Hits - Available All Day!

Vegie Crunch Cups w/ hommus	1.00
Fresh Fruit - seasonal fruit	0.70
Fresh Fruit Tubs - seasonal fruit	0.70
Yoghurt & Fruit	1.00

Crunch & Sip

BYO Slinky - apple,carrot,cucumber	0.20
Slinky - apple,carrot,cucumber	0.70
Low-fat Honey Yoghurt (4.9% fat, made with skim milk and fruit)	1.00

Snazzy Snacks

Pretzels 4 HSR	0.70
Honey Soy Chips	1.30

Freeze!

Frozen Pineapple Rings	0.40
Quelch 99% Fruit Juice sticks	0.50
Bulla Icecream tubs 3.5 HSR	1.20
Chocolate Milk Zip-pops	1.00
Slush Puppie Ice Slushies - 4.5 HSR 250 ml	2.00
- Cloudy Lemons, Tropical , Sour Apple , Tangy Berry or Strawberry Vanilla	
nb: flavours available may vary daily	

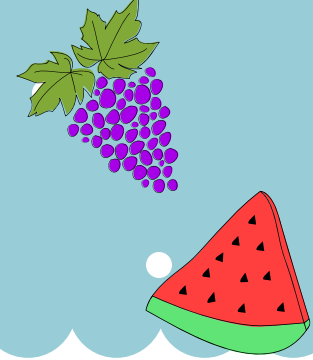
Salad Shakers

Salad - lettuce,tomato,carrot, cucumber,beetroot	3.50
Salad Tub w/ chicken or ham	4.50
Italian Salad Dressing sachet	0.40

HSR = Healthy Star Rating GF = Gluten Free

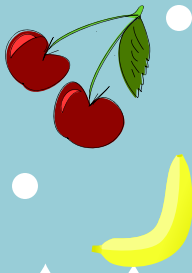
We offer homemade, tasty, nutritious meals and snacks in accordance with NSW Canteen Strategy 2017. Recipes, suppliers and methods are available on request. All feedback & suggestions welcome! Come & see us or email canteen@tackingpointpandc.org.au.





THE SCHOOL CANTEEN

Tacking Point Public School



Super Food Sandwiches,Wraps & Rolls

Choose from wholemeal bread, rolls or wraps. Buttered using HSR 3.5 * margarine unless specified.

Vegemite/Strawberry Jam/ Cheese	2.00
Egg Sandwich - plain or curried w/lettuce	3.00
Chicken Breast (cooked in-house) or Ham Sandwich	3.50
Salad Sandwich w/lettuce, tomato,carrot,beetroot & cucumber	3.50
Salad Sandwich w/ham or chicken	4.50
Tuna Sandwich w/lettuce, mayonnaise	4.00
Optional Extras:	
Extra Salad items (per item)	0.50
Avocado/Cheese/Egg (per item)	0.50
Toasted	0.50
Rolls/Wraps	0.70
Spoons/sporks	0.10

Hot Food - Everyday

Chicken Burger w/lettuce, mayo	4.00
- add cheese 0.50, add Salad 0.50	
Beef Lasagne (Enrico's frozen)	5.00

Hot Food - Occasional

Chicken Nuggets 3/serve Mon Tue Thu	2.00
- add Tomato/BBQ Sauce	0.40
Sweet Potato Wedges Mon-Tues only	2.00

The Daily Deal!

MONDAY	Hail! Caesar Salad with Juice (Apple-Blackcurrant or Tropical)	5.00
TUESDAY	Taco Tuesday with Juice (Apple-Blackcurrant or Tropical) - made with lean mince, salt-reduced taco seasoning, grated cheese, lettuce & tomato	6.00
WEDNESDAY	Wipeout Wednesday! Hawiian Pizza Sub (tomato paste, lean ham, pineapple,capsicum & grated cheese) with Sipaah Straw	6.00
THURSDAY	Lunchbox Pasta Salad with Sipaah Straw - made with pasta spirals, cherry tomatoes, corn, celery, mixed lettuce leaves and low-fat coleslaw dressing	6.00
FRIDAY	Hot Potato! Hot Potato! Oven baked spud filled with lean mince, grated cheese, lettuce & tomato and served with Water	6.00