

THE SCHOOL CANTEEN

Winter Menu 2018

Tacking Point Public School

Breakfast 8:30 - 9:00 am

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

Recess

Pasta Cups	2.00
Pizza Melts	2.00
Vegemite Scrolls	0.50

Drinks

Water (bottled)	2.00
Juice - Apple-blackcurrant	1.50
- Tropical	1.50
Sipaah Straw w/Milk	2.00
Flavoured Light Milk -	2.50
- Chocolate	
- Strawberry	
Milkshake (Light Milk or Zymil)	3.00
- Chocolate or Vanilla	
Zymil - Lactose & Gluten Free	4.00
- Chocolate or Strawberry	
Warm Milo (Avail breakfast/recess)	2.00

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
Messy Monkeys (GF) - Burger flavour	1.30
Smiths Crisps (Plain) (GF)	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

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.

HSR = Healthy Star Rating GF = Gluten Free





THE SCHOOL CANTEEN

Winter Menu 2018

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 - Occasional

Hot Food - Everyday		Chicken Nuggets 3/serve Mon Tue Thu (GF)	2.00
Chicken Burger w/lettuce, mayo	4.00	- add Tomato/BBQ Sauce	0.40
- add cheese 0.50, add Salad 0.50		Homemade Pumpkin Soup (GF) - Dairy Free	
Beef Lasagne (Enrico's frozen)	5.00	- w/bread roll	3.00
Rice cups (Basmati low GI)	2.50		

The Daily Deal!

MONDAY	Spaghetti & Meat Balls in Tomato Pasta sauce with cheese with Juice (Apple-Blackcurrant or Tropical).	6.00
TUESDAY	Nachos with Juice (Apple-Blackcurrant or Tropical) - made with lean mince, kidney beans and grated cheese,	6.00
WEDNESDAY	Wipeout Wednesday! Hawaiian Pizza Sub (tomato paste, lean ham, pineapple, capsicum & grated cheese) with Sipaah Straw.	6.00
THURSDAY	Butter Chicken and Rice (GF) with Sipaah Straw - Our Butter Chicken is mild and made with lite coconut milk.	6.00
FRIDAY	Toasted Chicken Panini Roll with baby spinach, mayonnaise and cheese with water.	6.00



THE SCHOOL CANTEEN

IMPORTANT INFORMATION

Our Aims & Objectives

The TPPS P & C is responsible for the management of the Canteen. We acknowledge the important role that nutritious food plays in the growth & development of our children.

We are therefore committed to offering fresh, nutritious menus that adheres to the **NSW Healthy School Canteen Strategy (2017) and the Nutrition in Schools Policy**. (For more information on the Strategy please visit <https://www.healthykids.nsw.gov.au> OR just ask our Canteen Managers!).

- ✓ We strive to make as many dishes as possible from scratch using fresh, locally sourced products.
- ✓ We strive to influence our children's food choices and broaden their tastes to a much healthier outlook towards future years.
- ✓ We strive to offer affordable choices considering availability and profitability to sustain the service.

Food from Home

Please note that due to DoE Policy, we are **UNABLE** to reheat your child's food.

Order Online with Flexischools

Our preferred option is to Order Online. Flexischools is the fast, convenient and secure way to order and pay for school lunches from your home or on your mobile. Register at www.flexischools.com.au



Orders must be placed no later than 9:30 am! We still accept the Paper Bag option!

Special Diets

We are happy to accommodate your child's special diet as much as we possibly can. Be sure to let us know!

A note about Gluten-Free... there are strong regulations in place in regard to Gluten-free diets that the P & C simply cannot comply with. The P & C has agreed that we will provide pre-packaged foods that are gluten-free as there is no risk of cross-contamination. These foods are sealed and packaged according to the producer's standards. In the future, we hope that our Canteen, staff and the items available can meet the Standard of Coeliac Australia. The standard that has been developed is very strict and it will take time to develop.

Volunteering in our Canteen ...



If you can spare even just one morning per term or any time, please pop into the canteen and put your name down. We are incredibly dependent on our wonderful volunteers to assist in the production of home-made items. Children love to see their Mum, Dad or grandparents in the canteen and it is a great way to meet others at the school. Leanne and Sandy in the canteen will always welcome you!