**Healthy Eating**

**Canteen Menu:** **Term 3**

**We are open for recess and lunch on Wednesdays, Thursdays and Fridays**

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| **ALL WEEK RECESS**  **NOTE: not for lunch orders, counter orders only** | |
| Yoghurt | $2.50 |
| Frozen Peas 'n' Corn cup | $1.00 |
| Fruit of the day | $1.00 |
| Frozen fruit cup | $1.00 |
| Cheesey corn fritters | $1.00 |
| Pikelets, popcorn | $0.50 |
| Toasties | $1.00 |
| Muffins | $0.50 |
| **ALL WEEK LUNCH** | |
| Vegie sticks – from the counter | Free |
| Fruit of the day | $1.00 |
| Sausage Roll (homemade) | $4.00 |
| Sandwiches (Ham, chicken, tuna or cheese) | $4.00 |
| -Add salad (lettuce, tomato, carrot and cucumber) | $0.50 |
| -Make it a wrap | $0.50 |
| -Toast it | $0.50 |
| Vegemite sandwich | $3.00 |
| Honey sandwich | $3.00 |
| Salad bowl with either chicken or tuna | $4.00 |
| Yoghurt | $2.00 |
| **DRINKS** |  |
| Milk bottle (150ml) | $1.50 |
| Soy milk | $2.50 |
| Smoothie (collect from canteen) | $3.00 |
| Juice Box | $2.50 |
| **LUNCH PACKS** |  |
| Toasted chicken/cheese + milk + fruit | $7.00 |
| Toasted tuna/cheese + milk + fruit | $7.00 |
| Toasted chicken/cheese + juice + yoghurt | $7.00 |
| Toasted tuna/cheese + juice + yoghurt | $7.00 |

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| **DAILY LUNCH SPECIALS – ALL $4.00 EACH** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Closed | Closed | Mini Quiche | Spaghetti Bolognese | Pizza  Margherita or Ham/Cheese |
|  | | | | |

A drawing of a cartoon character

Description automatically generated

**How do I make a lunch order?**

Lunch orders are available to all children and are for lunch, lunch pack and drink items only.

**They need to be received by the canteen by 9.30am.**

**Cash orders:** should be written on a brown paper bag with your name and class**,** what you'd like to order and the correct money. Lunch or drinks items only please.

**Online orders**: Flexischools App or www.flexischools.com.au. Online orders close 9.30am on the same day as you are ordering for.

*If you have a problem with your order, please call/text the manager, not the school front office.*

Canteen manager: Karen 0406 937 139

naps.canteen@gmail.com