

Nowra Public School P&C Canteen 2019

How to order - Hot mains, salads, sandwiches and wraps have to be pre-ordered. Place money into the bag and fold into quarters. Place in the lunch order box at either site.

Also flexischools is available...online ordering. Log onto www.flexischools.com.au to register.

Everyday:

Spaghetti Bolognese	\$5.00
Chicken Caesar Salad	\$5.00
Salad Box with ham or chicken with egg (lettuce, carrot, tomato, cucumber, corn, beetroot & cheese)	\$5.00
Salad Box-no meat but egg	\$4.00
Beef Burger with Lettuce, Tomato & Cheese	\$5.00
Flame Grilled Chicken Burger with Lettuce & Mayo	\$5.00
PIZZAS-Cheese, Hawaiian, BBQ Chicken or BBQ base	
Meat Lovers	\$5.00
Traveller Beef Pie	\$4.00
School Mrs Macs Lite Sausage Roll	\$3.50
BBQ or Tomato Sauce	.30

Specials:

TUESDAY/ WEDNESDAY /THURSDAY....Meal Deal

Toastie with Popper or Water \$4.00

WEDNESDAY/THURSDAY-ONLY....Meal Deal

Ham or Chicken Salad Wrap or Roll with bottled water \$5.00

Drinks

Water 600ml	\$1.50
Poppers- 99% fruit juice-Orange, Apple or Apple & Blackcurrant	\$1.50
Chocolate or Strawberry Moove 300mls	\$2.50
Up & Go 250mls	\$2.50
Warm Milo (Primary Only)	\$1.50

Sandwiches&Wraps

Vegemite (with margarine)	\$2.00
Cheese (with margarine)	\$2.00
Cheese and Tomato	\$3.00
Salad - lettuce, tomato, cucumber, carrot & beetroot	\$4.00
Egg & Lettuce	\$3.50
Plain Ham, Tuna or Chicken	\$4.00
Ham or Chicken & Cheese	\$3.50
Ham/ Chicken & Salad	\$4.50
Toasted Ham & Cheese S/W	\$4.00
Toasted Chicken & Cheese S/W	\$4.00
Ham/Cheese & Tomato Turkish	\$5.00
Chicken/Cheese & Pesto Turkish Toasted	\$5.00

Frozen Items

Frozen Custards/Yoghurts(primary only)	.50c
Bulla 99%fat free Icecream	\$1.50
Monys (Freeze Pops)-Choc only	\$1.00
Frozen Berri Cup - Berri or Orange	\$1.00
Frozen Quelch Sticks	.50c
Frozen Orange Quarter	.20c
Twisted Frozen Yoghurt - Chocolate, Mango & Watermelon	\$2.00

Snacks

Garlic Bread Sub-limit 2 only	.70c
Muffin - fruit or savoury	.50c
Popcorn-fresh	50c
Red Rock Deli - Sea Salt Chips	\$1.50
Fruit (seasonal)	\$1.00
Fruit salad -with yoghurt/custard	\$2.50
Mini Pies (healthy canteen)	\$1.00
Assorted Pizza Muffins	\$1.00

Our mini canteen at lunchtime on the Infants site is run by our year 6 peacekeeper on a Wednesday and Friday. Items for sale range from 50c - \$1.50 and are while stocks last.

The canteen offers fresh healthy food by following the NSW Healthy School Strategy- developed by the NSW Dept of Health and the Dep of Education. Our canteen relies on volunteers to keep our costs low. Shifts are only from 9am - 11.30am any help is very appreciated. Follow our canteen on our Nowra Public School P&C event page.

