



RANDWICK PUBLIC SCHOOL - LITE MENU



Our Canteen is open Monday to Friday - We ask that all orders are done online by 8:00am.

TOASTIES

- Toast - 2 Slices - **GFO, V** \$2.00
- Cheese Toastie - Full - **GFO, V** \$3.00
- Ham & Cheese Toastie - **GFO** \$4.00

FRESH SANDWICHES

- Vegemite or Jam - **GFO, V** \$3.00
- Cheese - **GFO, V** \$3.00
- Cheese & Vegemite - **GFO, V** \$3.50
- Ham & Cheese \$4.00

TOASTED WRAPS

- | | <u>1/2 Wrap</u> | <u>Full Wrap</u> |
|--|-----------------|------------------|
| <input checked="" type="checkbox"/> Chicken Caesar Wrap | \$4.00 | \$5.50 |
| <input checked="" type="checkbox"/> BBQ Meat Lovers Wrap | \$4.00 | \$5.50 |
| <input checked="" type="checkbox"/> Ham, Cheese & Pineapple Wrap | \$4.00 | \$5.50 |
| <input checked="" type="checkbox"/> Cheese & Spinach Wrap - V | \$4.00 | \$5.50 |

- EVERYDAY FOODS
- OCCASIONAL FOODS

HOT FOOD

- Homemade Veg Fried Rice \$4.00
- Corn Cob - **V** \$2.00
- Lean Sausage Roll \$4.50
- Lean Pie \$4.50
- Baked Chicken Nuggets - **GFO** \$4.50
- Meatball Sub with Cheese - **GFO** \$5.00
- Homemade Lasagne \$4.50
- Sausage Sizzle - **Tuesday Only** \$4.00
- Nachos - **Thursday Only** \$5.50
- Homemade Pasta Bolognese - **DFO** \$4.50
- Homemade Pasta Napolitana - **DFO, V** \$4.50
- Homemade Pasta & Cheese - **DFO, V** \$3.50

- GF - Gluten Free**
- GFO - Gluten Free Option Available**
- DF - Dairy Free**
- DFO - Dairy Free Option Available**
- V - Vegetarian**

SNACKS

- Red Rock Deli Sea Salt Chips - **DF** \$2.00
- JATZ Minis \$2.00
- Lightly Salted Popcorn - **DF** \$2.00
- Mini Banana Bread \$1.50
- Low Sugar Jelly Cups - **DF** \$2.00
- Fresh Apples or Oranges - **GF, DF, V** \$1.00
- Homemade Muffin - **V** \$2.00
- Homemade Cookie - **V** \$2.00

DRINKS

- 100% Apple Juice **200mL** \$3.00
- 100% Apple Black Currant Juice **200mL** \$3.00
- Hot Chocolate \$2.50
- OAK Chocolate Flavoured Milk \$3.00
- OAK Strawberry Flavoured Milk \$3.00
- Chill J Sparkling Fruit Juice - **5 Star Rating** \$3.00

Hello there Beautiful Big & Little Humans. Welcome back to a new and hopefully exciting New Year!

We know that this time of uncertainty has been challenging and we are all working together to return to life as we knew it...

To ensure we keep students, teachers and our staff as safe as possible, we will continue to offer our lite menu for now to streamline our food prep, service times and ensure our team are not on-site anymore than necessary. Our service will continue to be reviewed each week with the goal to return to normal.

We have always followed the very strict Food Safety Service Standards guidelines - foodstandards.gov.au

We will continue to take extra precautions to minimise any risks, inline with Food Safety Service Standards and COVID19 Food Service guidelines, our staff have been trained and briefed on these and have agreed and signed off.

Randwick Public School Canteen accepts online orders using FlexiSchools - Setting up an online account is easy!

- *For any Gluten Free Sandwiches add 50c
- *All Sandwiches and Wraps can be Toasted - No Charge
- *All Sandwiches and Wraps are made with Wholemeal
- *All Cheese is Mainland Reduced Fat Tasty Cheese
- *All Chicken free range, marinated in garlic/mustard then grilled, we also use lean beef for our meals.

1. Go to www.flexischools.com.au
2. Select register option & enter your email address
3. You will be sent an email, click on the link to complete
4. Fill in your details on the registration form & submit
5. Add your students, select their school & class

OUR KITCHEN IS ALLERGY AWARE
 According to the new Healthy School Canteens Strategy of NSW you should fill at least 1/3 of your menu with Everyday snacks, meals and drinks, with Occasional items making up 1/3 of your menu. * <https://healthyschoolcanteens.nsw.edu.au>