



RANDWICK PUBLIC SCHOOL - LITE MENU



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

TOASTIES

<input checked="" type="checkbox"/> Toast - 2 Slices - GFO, V	\$2.00
<input checked="" type="checkbox"/> Cheese Toasie - Full - GFO, V	\$3.00
<input checked="" type="checkbox"/> Ham & Cheese Toastie - GFO	\$4.00
<input checked="" type="checkbox"/> Vegemite or Jam - GFO, V	\$3.00
<input checked="" type="checkbox"/> Cheese - GFO, V	\$3.00
<input checked="" type="checkbox"/> Cheese & Vegemite - GFO, V	\$3.50
<input checked="" type="checkbox"/> Meatball Sub with Cheese - GFO	\$5.00

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

<input checked="" type="checkbox"/> Homemade Veg Fried Rice	\$4.00
<input checked="" type="checkbox"/> Corn Cob - V	\$2.00
<input checked="" type="checkbox"/> Lean Fat Sausage Roll	\$4.50
<input checked="" type="checkbox"/> Lean Fat Pie	\$4.50
<input checked="" type="checkbox"/> Baked Chicken Nuggets - GFO	\$4.50
<input checked="" type="checkbox"/> Homemade Lasagne	\$4.50
<input checked="" type="checkbox"/> Sausage Sizzle - Tuesday Only	\$4.00
<input checked="" type="checkbox"/> Nachos - Thursday Only	\$5.50
<input checked="" type="checkbox"/> Homemade Pasta Bolognese - DFO	\$4.50
<input checked="" type="checkbox"/> Homemade Pasta Napolitana - DFO, V	\$4.50
<input checked="" type="checkbox"/> 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

<input checked="" type="checkbox"/> Red Rock Deli Sea Salt Chips - DF	\$2.00
<input checked="" type="checkbox"/> JATZ Minis	\$2.00
<input checked="" type="checkbox"/> Lightly Salted Popcorn - DF	\$2.00
<input checked="" type="checkbox"/> Mini Banana Bread	\$1.50
<input checked="" type="checkbox"/> Low Sugar Jelly Cups - DF	\$2.00
<input checked="" type="checkbox"/> Fresh Apples or Oranges - GF, DF, V	\$1.00
<input checked="" type="checkbox"/> Homemade Mini Muffin - V	\$2.00
<input checked="" type="checkbox"/> Homemade Mini Cookie - V	\$2.00

DRINKS

<input checked="" type="checkbox"/> 100% Apple Juice 200mL	\$3.00
<input checked="" type="checkbox"/> 100% Apple Black Currant Juice 200mL	\$3.00
<input checked="" type="checkbox"/> Hot Chocolate	\$2.50
<input checked="" type="checkbox"/> OAK Chocolate Flavoured Milk	\$3.00
<input checked="" type="checkbox"/> OAK Strawberry Flavoured Milk	\$3.00
<input checked="" type="checkbox"/> Chill J Sparkling Fruit Juice - 5 Star Rating	\$3.00

Hello there Beautiful Big & Little Humans!!

By now we're sure you are all, like us, super excited for the return of School...

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

We have been thinking long and hard how we are going to return to our Canteen, how it is going to work, and how best to serve you all while keeping students, teachers and our staff as safe as possible

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

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

We are also running with a 'Lite' Version of our menu to streamline our food prep, service times & ensure our Team are not onsite anymore

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 % of your menu with Everyday snacks, meals and drinks, with Occasional items making up % of your menu. *<https://healthyschoolcanteens.nsw.edu.au>