General Information
Proudly following the NSW Healthy School Canteen Strategy, we seek to provide our children with a variety of healthy and nutritious food choices, all according to the guidelines.

Volunteers are always needed! If you have any spare time, just pop in and lend a hand or put your name down on the roster! Helping out at the canteen is not only rewarding for you and fun for your children, but a great way to meet new people and get involved in school! We hope to see you there!

Allergy Alert!! If you are concerned about your child’s allergies, please come and see us in the canteen to check on all contents in detail.

Drinks (All Gluten Free)

<table>
<thead>
<tr>
<th>Drink</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>300 ml</td>
<td>$1.40</td>
</tr>
<tr>
<td></td>
<td>375 ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>Juice – Apple &amp; Orange</td>
<td>Large 350 ml</td>
<td>$2.50</td>
</tr>
<tr>
<td></td>
<td>Small 250 ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>Water</td>
<td>Large 600 ml</td>
<td>$1.50</td>
</tr>
<tr>
<td></td>
<td>Small 375 ml</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

Snacks & Treats

<table>
<thead>
<tr>
<th>Snack</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Slinky</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit Pieces in a Cup</td>
<td>$1.50</td>
</tr>
<tr>
<td>Breadsticks/Jellies/ Rice Crackers</td>
<td>$0.20</td>
</tr>
<tr>
<td>Gingerbread People</td>
<td>$1.50</td>
</tr>
<tr>
<td>Jj’s, Red Rock</td>
<td>$1.10</td>
</tr>
<tr>
<td>Muffins – Choc, Apple, Blueberry</td>
<td>$2.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>White Wing Cookies</td>
<td>$0.80</td>
</tr>
<tr>
<td>Jellies and Red Rock Sea Salt Chips (GF)</td>
<td>$0.80</td>
</tr>
</tbody>
</table>

Frozen Treats (lunch counter sales only)

<table>
<thead>
<tr>
<th>Treat</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Callippo</td>
<td>$1.00</td>
</tr>
<tr>
<td>Frozen Fruit Cups – OJ &amp; Apple Juice</td>
<td>$0.50</td>
</tr>
<tr>
<td>Ice Blocks</td>
<td>from $0.20</td>
</tr>
<tr>
<td>Cyclones</td>
<td>$2.00</td>
</tr>
<tr>
<td>Icy Twists</td>
<td>$1.50</td>
</tr>
<tr>
<td>Paddle Pops</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

Lunch Orders
Ordering lunch is easiest via our online ordering system – you only need to register an account with https://www.flexischools.com.au

Orders can also be placed on a paper bag with money enclosed at the canteen, or through class lunch order boxes at the beginning of school.

ALL ORDERS MUST BE PLACED BY 9.30AM.

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**JPPS Canteen Menu 2015**

**Hot Food**
- Chicken and Corn Roll $2.00
- Corn on the Cob (GF) $1.00
- Burgers – Beef or Chicken with lettuce and tomato $3.50
- with cheese and tomato sauce $3.50
- with full salad $4.00
- Fried Rice Vegetarian $3.50
- Lasagne Vegetarian or Beef $3.50
- Noodles (Hot, Chicken flavoured) $1.50
- Nuggets, Chicken 2 pack $1.00
- 4 pack $2.00
- 6 pack $3.00
- Party Pie $1.00
- Pepper Pie $3.00
- Pie $3.00
- Potato Pie $3.20
- Pizza Hawaiian $2.00
- Sausage Roll $2.50
- Spinach & Ricotta Vegetarian Roll $2.50
- Sweet Chilli Chicken Tenderloin Roll with Lettuce & Mayonnaise $3.50
- with Full Salad $4.00
- Twista Bolognaise $3.50
- Yummy Drummy $1.00

**Sandwiches**

**All sandwiches are made to order on white or multigrain bread, with butter or mayo as per request. See below under Extras for cost of additional fillings.**

**Rolls 50c extra**

- Plain Butter $1.30
- Vegemite, Jam, Honey $1.50
- Cheese or Tomato $1.80
- Cheese and Tomato $2.30
- Egg (plain or curried) $2.50
- Ham or Chicken $3.50
- Tuna $4.00
- Salad $3.50
- (lettuce, tomato, cucumber, carrot, beetroot, sprouts)
  - Salad with Cheese $4.00
  - Salad with Ham or Chicken $4.50
  - Salad with Tuna $5.00

**Extras**

- Boiled Egg $1.00
- Cheese $0.50
- Each extra salad filling $0.50
- Sauce Sachets (Tomato; BBQ) $0.20
- Paper Bag $0.10
- Spoon / Fork $0.10

**Salad Boxes**

- Garden Salad (veg, GF) $4.50
- (lettuce, tomato, cucumber, carrot, beetroot, sprouts, pineapple)
  - with Avocado $5.00
  - with Cheese $5.00
  - with Egg $5.00
  - with Ham or Chicken $6.00
  - with Tuna $6.50

**Daily Wraps**

- Monday
  - Ham Salad $5.00
  - Ham, grated carrot, cheese, cucumber, lettuce & mayo

- Tuesday
  - Chicken Salad $5.00
  - Chicken, lettuce, cheese, diced tomato, grated carrot & mayo

- Wednesday
  - Tuna Nicoise $6.00
  - Tuna, egg, diced tomato, lettuce & mayo

- Thursday
  - Avocado Salad $4.50
  - Avocado, diced tomato, grated carrot, lettuce & mayo

- Sweet Chilli Chicken $4.00
  - Sweet chilli chicken tender with lettuce & mayo

**Various hot items available at recess from $0.50 – please check our board daily!**