



To Order: Please login to **FLEXISCHOOLS** and create a family account for your child or children. Orders must be completed by 8.00am on the day they are required.



Cold Lunches

Unloaded Sandwiches/Wraps	\$1.50
Bread with margarine	
Vegemite Sandwich	
Cheese Sandwich	
Sandwiches/Wraps	\$2.50
Egg	
Ham	
Roast Chicken	
Salad - lettuce, tomato and grated carrot	
Extras	\$0.50 each
Lettuce, Tomato, Carrot, Cheese, Cucumber, pineapple, beetroot	
Salad Boxes Unloaded	\$3.70
cheese, tomato, pineapple, grated carrot, cucumber, lettuce, beetroot	
<i>Add an Egg</i>	add \$1.00
Salad Boxes Loaded	\$4.70
Choice of ham or roast chicken with cheese, tomato, pineapple, grated carrot, cucumber, lettuce, beetroot	
<i>Add an Egg</i>	add \$1.00

Hot Lunches

Toasted Sandwiches	
Cheese	\$2.20
Ham & Cheese	\$3.20
Ham, Cheese & Tomato	\$3.40
Hot Food	
Lasagne	\$4.25
Mac'N'Cheese	\$4.25
Fried Rice (GF - contains egg)	\$4.25
Chicken Tenders (individual serve)	\$2.00
Thompson Pies (lower fat small)	\$2.20
Sausage Roll (lower fat)	\$2.40
Sauces (Tomato and BBQ)	\$0.30
Garlic Bread	
2 Slices	\$0.75
Full Loaf (5 slices)	\$1.40
Burgers	
Cheeseburger - Meat, cheese & sauce	\$4.20
Hamburger - Meat choice of salad & sauce (tomato, lettuce, beetroot & carrot)	\$4.70
Extras - cucumber, cheese, pineapple	\$0.50 each
Chicken Tender Wraps	
Unloaded	\$4.20
2 chicken tenders, lettuce & mayo	
Loaded	\$4.70
2 chicken tenders & mayo with choice of salad (lettuce, tomato & grated carrot)	
Extras cheese, cucumber, pineapple, beetroot	\$0.50 each

Drinks

Bottled water 335ml	\$0.60
Bottled water 600ml	\$1.10
Plain milk 200ml	\$1.50
99% Apple Juice	\$1.50
Up & Go Liquid Breakfast	\$2.50
OAK UHT Flavoured Milk	\$2.30
Sipahh milk	\$2.20
Warm Milo (Term 2 and 3 only)	\$1.50

From the Freezer

Vanilla Ice Cream (lite)	\$2.20
Moosie	\$1.60
Quelch 99% Fruit Tubes	\$0.60
Juicies	\$1.60
Icy Cups	\$0.50
Twisted Frozen yoghurt	\$2.70
Blizzard Frozen Drink (99% Juice)	\$2.20

Snacks

Popcorn	\$0.20
Seasonal Fruit	\$1.00
Ham & Cheese Bread roll	\$2.50
Muffins (various flavours)	\$2.50
Hard Boiled Egg	\$1.00



Under the NSW Healthy School Canteen Strategy foods and drinks are classified as EVERYDAY and OCCASIONAL. EVERYDAY foods and drinks can be chosen every day and are healthy choices. OCCASIONAL foods and drinks have moderate levels of saturated fat and/or added sugar and/or salt and should not be chosen every day. Coal Point Public School Canteen conforms to the NSW Healthy School Canteen Strategy.

