



# TINONEE PUBLIC SCHOOL P&C CANTEEN

## SUMMER MENU

# 2 025/26



■ Everyday food choice- eat plenty	■ Occasional food choice- eat in moderation	Term 4 & 1
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Fresh

### RECESS only-made fresh- please order

- Cheese Melts\* 50c
- 2 Pikelets with Straw. jam \* \$1.00
- Savoury Muffin (large) \$2.50
- Vegemite scrolls \* 50c
- Pizza scrolls \* 50c

### SANDWICHES/WRAPS (High fibre)

- Cheese ,Vegemite or Jam \$2.50
- Egg & Lettuce \$3.50
- Ham \$3.00
- Ham ,Cheese & Tomato \$3.50
- Chicken Breast\* \$3.50
- Tuna \$3.00
- Salad \$4.00
- Ham/Chicken & Salad \$5.00
- Salad box (w/ meat add \$1 ) \$4.00

*\*Toasted please add 30c extra*



### SUSHI- (FRIDAY ONLY) \$4.00\*

- Crumbed Chicken
- Tuna
- Vegetarian



### FROZEN TREATS

- Frozen water cup\* 10c
- Milk cups choc/strw\* sml 20c lge 40c
- Juice cups\* A,ABC,O mini 20c 40c
- Blueberry Yoghurt Pop\* 50c
- Frozen Pineapple ring 50c
- Milk Pop (Choc or Straw) \$1.00
- Frozen Watermelon \$1.00
- Snap Stix varieties 99% juice \$1.00
- TNT varieties \$1.00
- Ice Mony Chocolate \$1.00
- Zooper Dooper (no add sugar) 50c

### DRINKS

- Hot/cold Chocolate \$1.50
- Just Juice Popper A,O,ABC \$1.50
- Water Bottle -small \$1 large \$1.50
- Slushies -2flav small \$1.50 Lge \$2.00
- Flavoured milk-Choc/Straw \$2.50
- Berri Juice bottle- Apple &ABC \$2.50
- Up n Go (Choc,Vanilla,Straw) \$2.50
- Juice Bomb can- 99% juice \$2.50



Thirsty

### HOT FOOD Tomato 40c/BBQ Sauce50c

- Hot Pasta Tub \$3.00
- Spaghetti/cheese Volcano bun\* \$3.50
- Toasties- (sandwich \$3.80 wrap \$4.00)
  - Chicken & Cheese
  - Ham & Cheese
  - Ham, Cheese & Tomato
- Pizza's \* all \$3.50
  - Cheese
  - Chicken & Cheese
  - Hawaiian-Ham,Cheese,P/apple
- Chicken Dino's (5 for \$3.00) 60c
- Chicken Fingers (5 for \$3.00) 60c
- Hash Brown \$1.00
- Sausage Roll \$3.50
- Meat Pie (large) \$4.50



Hot!



### BURGERS

Our Beef Patties are canteen made!

Sauce- Mayo, Sweet chilli, Tomato/BBQ

- Chicken Burger-standard \$4.60 (Crumb patty, lettuce, mayo or sauce)
- Beef & Cheese Burger\* \$4.60
- Tinonee Beef Burger w/salad\* \$5.00



### SNACKS

- Cereal Snacks sml 25c lge 60c
- Jelly cups (99% Juice) \* 60c
- 2 Pikelets & jam \* \$1.00
- Boiled Egg \$1.00
- Fruit-Apple Slinky \$1.20
- Scone with Straw/Rasp. jam \* \$1.00
- Fruit Muffin \* B/berry, Rasp, Apl \$1.00
- Nestle Mousse cup \* \$1.00
- Banana Bread\* Sml \$1.00 Lge \$1.50
- Chips-Sea Salt/HoneySoy Chck \$1.50



### BREAKFAST- Friday 8.45am

- Toast - Vegemite or Straw Jam 50c
- Hot Chocolate- warm or cold \$1.50

\* Freshly made by Canteen staff



### BIRTHDAY BUCKETS- \$25

Your child can now celebrate their birthday with classmates by sharing a decorated bucket of Juice Snap Stix's. Please order/pay on the day prior.

Morning



Online orders [www.flexischools.com.au](http://www.flexischools.com.au) Flexi help line: 1300 361 769

For paper bag orders please write your child's name & class on the bag.

Canteen Manager: Michelle Swannack Phone: 0478062825 School: 6553 1279

# TINONEE PUBLIC SCHOOL P&C CANTEEN

Manchester Street, Tinonee. NSW.2430 Ph.65 531279



Updated Term 4 2025

SIGN UP TO  
VOLUNTEER!

The Canteen is open Monday to Friday from 9:00am - 1:30pm, volunteers permitting. Breakfast is available Fridays from 8.45am

Your child's order can now be lodged in either of two ways:

1. The Bag system- please write your child's name, class and order onto a paper bag. This bag and money then needs to be dropped into the red box located outside the Canteen by 9am.

OR

2. Online orders at [www.flexischools.com.au](http://www.flexischools.com.au)  
After the initial registration process, you may place orders daily or in advance. A small fee does apply to each order. **Cut off time for Breakfast orders is 8am and Lunch and Recess orders 9am.**

**Note: Children who require change or have ordered frozen treats or drinks will need to show their lunch bags at the canteen at lunch time to collect the rest of their order.**

**Our school canteen endorses the NSW Healthy School Canteen Strategy. Our menu received the official Healthy Canteen status for the third time in July 2024.**



**Our menu has been colour coded for easy reading in accordance with the strategy.**

## ■ EVERYDAY FOODS

All food items coloured Green are recommended as  
**"Eat Plenty"**

## ● OCCASIONAL FOODS

All food items coloured Amber are recommended to be  
**"Eaten in moderation"**

Please visit:  
[healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au) for further information

## DO YOU HAVE A SPARE COUPLE OF HOURS?

Why not come and join our friendly group of volunteers who ensure our students have the best choice of healthy meals each day.

We are always in need of extra volunteers. Age is no barrier.

No experience is necessary and you're sure to enjoy a day spent meeting new friends and seeing your children's excitement at your being in the canteen. Plus your lunch is on us!!

Part days are also available. Any time you can spare is always of great assistance!

If you can help, please contact the supervisor, Michelle on 0478062825 or School on 65 531279.

*Hope to see you soon  
Michelle*

