

2025 Canteen Operating Hours

Recess & Lunch Orders

Recess & Lunch orders are available on **WEDNESDAY, THURSDAY and FRIDAY. TUESDAYS** from Week 3 onwards

Over-the-counter Sales

Wednesday LUNCH 1.30–1.50pm

Thursday LUNCH 1.30–1.50pm

Friday LUNCH 1.30–1.50pm

• There are **NO Recess or Lunch Orders** on **MONDAY** and **NO over-the-counter sales TUESDAY.**

Order Online with Spriggy Schools



Go to www.spriggyschools.com.au to register and download the app. Available on App Store or Google Play.

Cash orders accepted. These are due in the canteen by 9.00am, except sushi which is due 8.30am on Friday before Sushi Tuesday.

VOLUNTEERING IN THE CANTEEN

The P&C can only continue to operate our **not-for-profit canteen** as long as we have volunteers to coordinate and assist with helping in the canteen. We rely on and welcome all parents and carers who would like to volunteer- simply apply for your **free Volunteer WWCC from Service NSW** and a simple Food handling orientation and you're set!

On Wednesday–Friday you'll be helping the Canteen Supervisor & serving at the counter at lunch to our lovely students.

If you can help in any way, please email canteen@winstonheightspandc.com.

CANCELLING AN ORDER

Before 8.30 day of order in Spriggy:

- Click "Recent Orders"
- View the order, click "Cancel Order"
- Parent Wallet updated

After 8.30am please call school & transfer to canteen. Unfortunately hot meals/foods cannot be refunded if they are already in oven. They can be passed on to siblings if possible.

GETTING IN CONTACT WITH THE CANTEEN

If you wish to speak with the Canteen Supervisor during the day (Wednesday–Friday only), you will need to call the school on 9624 7485 and the call will be transferred.

For all other queries outside these times and days, you can write an email to the school (winstonhts-p.school@det.nsw.edu.au) and it will be forwarded to the Canteen Supervisor or P&C Canteen Co-ordinator.



Recess Special!

(see Specials in Spriggy)

Deal 1: Fresh fruit salad + tub yoghurt **\$3.50**

Deal 2: 2 x pikelets/ raisin toast + fresh fruit cup **\$2.50**

Term 1 – 2025

Snacks

Available Recess, Lunch and Over-the-counter

Breadsticks VG	\$0.20
Milo bag (over the counter only)	\$0.50
Hard-boiled Egg	\$1.00
Pikelet (each)	\$1.00
Raisin Toast (each)	\$1.00
Cheese slice & 2 rice cakes NEW	\$1.00
Chilled Yoghurts 100g	\$1.80
Vanilla Custard Cup 150g	\$2.00

Popcorn 20g	\$0.70
Chicken Noodle Snacks 25g	\$1.00
Sunbites 22g NEW	\$1.50
Grain Waves 28g	\$2.00
Sea Salt Chips 28g	\$2.00

Drinks

Available Recess, Lunch and Over-the-counter

Bottled Water 600ml	\$1.50
Juice Poppers 200ml (Apple; Apple & Blackcurrant; Orange; Orange & Mango; Paradise Punch)	\$2.00
Chocolate Milk 300ml	\$2.70
Strawberry Milk 300ml	\$2.70
Paper straw	\$0.00

Fruit

Available Recess, Lunch and Over-the-counter

Fresh Fruit whole piece: (grapes/mandarin)	\$1.00
Fresh Fruit salad (seasonal)	\$2.00
Frozen Fruit Pieces in a cup: (Blueberries; Mango; Mixed Berries; Pineapple; Raspberries; Strawberries)	\$1.00

Frozen

Available Lunch and Over-the-counter (lunch only)

Quelch Fruit Sticks (choice of eight flavours)	\$0.80
Frozen Milk–small 60ml (Chocolate; Strawberry)	\$0.80
Frozen Milk–large 120ml (Chocolate; Strawberry)	\$1.20
Frozen Fruit Juice Cups (Apple; Apple & Blackcurrant; Orange; Pineapple)	\$1.00
Sour snap stix (Over the counter only)	\$1.50

Chocolate Moosie	\$2.20
Twisted Frozen Yoghurts GF (Caramel & Vanilla; Chocolate & Vanilla; Mango & Watermelon)	\$2.70

Recess Hot Food

Available to Order at Recess

BBQ, Tomato or Sweet Chilli Sauce sachet	\$0.40
Meatballs x2 (Limit of 4)	\$1.00
Hot Corn cob VT	\$1.00

Garlic Bread 75g VT	\$2.20
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Hot Meals

Lunch Only

Beef Lasagne 220g	\$5.00
Macaroni Cheese 220g VT	\$5.00
Twista Bolognaise 220g	\$5.00
Fried Rice 200g VT GF	\$5.00
Butter Chicken with Rice 220g GF	\$5.50

Sushi Tuesday

(terms 1 & 4 only) **Term 1: Weeks 5 & 9**

All orders must be placed by **8.30am** Tuesday on Spriggy Schools. Limited availability. Some availability on Wednesday under specials)
Cash orders must be handed to the Canteen Supervisor by 9.00am on Friday

SUSHI ROLLS **GF**

(each roll comes with **GF** soy sauce)

Teriyaki Chicken	\$4.50
Chicken Schnitzel	\$4.50
Tuna & Cucmber	\$4.50
Avocado & Cucumber VG	\$4.50
Salmon & Avocado	\$4.50
Prawn Tempura	\$4.50
Soy sauce (extra portion)	\$0.20
2 rolls of same filling	\$8.00

Lunchtime Hot Food

Lunch Only

BBQ, Tomato or Sweet Chilli Sauce sachet	\$0.40
Meatballs x 2 (Limit of 8)	\$1.00
Hot Corn cob VT	\$1.00
Cheese Pizza	\$3.50
Ham & Cheese Pizza	\$3.80
Ham, Pineapple & Cheese Pizza	\$4.00
BBQ Chicken Pizza	\$3.80
Chicken & Mushroom Dumplings (4pcs)	\$4.00
Vegetable Dumplings (4pcs) VT	\$4.00
- dumplings 6 pcs	\$5.20

Chicken Crackles x 3 (Limit of 7)	\$2.40
Garlic Bread 75g VT	\$2.20
Sausage Roll 120g H	\$3.80
Beef Pie 170g H	\$4.00

Burgers & Subs

Lunch Only

Hamburger *NEW* H	\$4.50
Cheeseburger H	\$5.00
Meatball Sub	\$5.00
Veggie Hot Dog VT	\$5.00
Veggie Burger VT	\$5.50
Flame-grilled Chicken Burger H	\$5.50
Chicken Burger H	\$5.00
Chicken Tender Sub H	\$5.50

Sandwiches & Rolls

Lunch Only

(White or multi-grain bread)	
Cheese VT	\$2.00
Jam VT	\$2.00
Honey VT	\$2.00
Vegemite VT	\$2.00
Egg & Mayonnaise	\$3.50
Ham	\$3.50
Chicken	\$3.50
Salad (lettuce, tomato, cucumber, carrot, beetroot & mayonnaise) VT	\$3.70

EXTRAS

White roll	\$0.30
Lettuce, tomato, cucumber, carrot, beetroot	\$0.30
Cheese	\$0.50
Egg	\$1.00
BBQ, tomato, chilli or sweet chilli sauce, mayonnaise, American mustard	\$0.20

Birthday Baskets

Is your child having a birthday at school?
 Let them celebrate with their classmates by sharing a basket full of ice-blocks.

Kindy & Years 1–2: \$15

Years 3–6: \$21

Online orders only at Spriggy Schools.

Birthday baskets to be picked up by birthday child at lunchtime

The full menu, including specials, can be found on Spriggy Schools.

Wraps

Lunch Only

(Salad Wraps include choice of lettuce, tomato, cucumber, carrot & cheese)

Salad VT	\$4.00
Egg & Mayonnaise VT	\$4.00
Egg & Salad VT	\$4.50
Ham & cheese	\$4.50
Ham & Salad	\$4.50
Chicken & cheese	\$4.50
Chicken & Salad	\$5.00
Falafel Salad Wrap VT	\$5.50

Chicken Tender & Cheese H	\$5.00
Chicken Tender & Salad H	\$5.50

Ham & cheese toastie or
 Roast Chicken & cheese toastie
 \$4
 Cheese toastie only \$2

Salad Bowls

Lunch Only

(All Salad Bowls come with lettuce, tomato, cucumber, carrot, cheese & beetroot)

Salad Bowl VT	\$4.50
Egg Salad Bowl VT	\$5.00
Ham Salad Bowl	\$5.00
Roast Chicken Salad Bowl	\$5.50
Falafel Salad Bowl VT	\$6.00
Flame grill Chicken Salad Bowl*NEW* H	\$6.00
Tuna Salad Bowl	\$6.50
Balsamic or Italian Dressing	\$0.40
Sweet Chilli Sauce	\$0.40