



# CROWN ST PUBLIC SCHOOL - LITE MENU



**Our Canteen is open Wednesday to Friday - We ask that all lunch orders are done online by 8:30am. Snacks & Drinks can be purchased over the counter with cash.**

### TOASTIES

- Toast - 2 Slices - **GFO, V** \$2.00
- Cheese Toastie - Full - **GFO, V** \$3.00
- Ham & Cheese Toastie - **GFO** \$4.00

### FRESH SANDWICHES

- Vegemite or Jam - **GFO, V** \$3.00
- Cheese - **GFO, V** \$3.00
- Cheese & Vegemite - **GFO, V** \$3.50
- Ham & Cheese \$4.00

### 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           |

- EVERYDAY FOODS
- OCCASIONAL FOODS

### HOT FOOD

- Homemade Veg Fried Rice \$4.00
- Corn Cob - **V** \$2.00
- Lean Sausage Roll \$4.50
- Lean Pie \$4.50
- Baked Chicken Nuggets - **GFO** \$4.50
- Meatball Sub with Cheese - **GFO** \$5.00
- Homemade Lasagne \$4.50
- Homemade Pasta Bolognese - **DFO** \$4.50
- Homemade Pasta Napolitana - **DFO, V** \$4.50
- Homemade Pasta & Cheese - **DFO, V** \$3.50
- Beef Ravioli - **DFO** \$5.00

- GF - Gluten Free**
- GFO - Gluten Free Option Available**
- DF - Dairy Free**
- DFO - Dairy Free Option Available**
- V - Vegetarian**

### SNACKS

- Red Rock Deli Sea Salt Chips - **DF** \$2.00
- Lightly Salted Popcorn - **DF** \$2.00
- Mini Banana Bread \$1.50
- Low Sugar Jelly Cups - **DF** \$2.00
- Fresh Apples or Oranges - **GF, DF, V** \$1.00
- Homemade Muffin - **V** \$2.00
- Homemade Cookie - **V** \$2.00
- Quelch Juice Tubes - **GF, V** \$1.00
- Twisted Frozen Yoghurt - **GF, V** \$3.00
- 100% Frozen Fruit Juice Cup - **GF, DF** \$2.00

### DRINKS

- 100% Apple Juice 200mL \$3.00
- 100% Apple Black Currant Juice 200mL \$3.00
- Hot Chocolate \$2.50
- OAK Chocolate Flavoured Milk \$3.00
- OAK Strawberry Flavoured Milk \$3.00
- Chill J Sparkling Fruit Juice - **5 Star Rating** \$3.00

Hello there Beautiful Big & Little Humans. Welcome back to a new and hopefully exciting New Year!

We are now using FlexiSchools for online orders, please close your MunchMonitor account for your refund and register your new account with Flexischools.

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

To ensure we keep students, teachers and our staff as safe as possible, we will continue to offer our lite menu for now to streamline our food prep, service times and ensure our team are not on-site anymore than necessary. Our operations will continue to be reviewed weekly with the goal to return to pre-covid service.

We have always followed the very strict Food Safety Service Standards guidelines - foodstandards.gov.au and will continue to take extra precautions to minimise any risks, inline with Food Safety Service Standards and COVID19 Food Service guidelines, our staff have been trained and briefed on these and have agreed and signed off on these practices.

**Crown St 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](http://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 1/3 of your menu with Everyday snacks, meals and drinks, with Occasional items making up 1/3 of your menu. \* <https://healthyschoolcanteens.nsw.edu.au>