Canteen phone: 9874 9461

If any parent / Caregiver is interested in volunteering at the Canteen we would love to see you. It can be a very rewarding experience for you and especially for your child. Please do not hesitate to contact us on the above number.

THANKYOU

The Canteen Supervisor Carolyn
Staff
and the Canteen Committee

---

**Hours**

**Monday – Friday**

**8:30 am – 2pm**

---

Any late orders WILL be accepted - BUT if handed in after 10am, only a Sandwich will be offered

**NO HOT FOOD** orders will be taken

Please ensure **NAME & CLASS** including any pre-ordered lunches have a **DAY AND DATE** on them.

If a child is away sick or for any reason not at school, and the canteen is not advised by 10am there will be **NO REFUNDS**

Due to Health Regulations, food brought from home CANNOT be heated by the canteen staff

---

Eastwood Public School Canteen

Menu

Nutrition is important to a healthy life

Phone: 9874 9461
E-mail: eastwood-p.school@det.nsw.edu.au

Effective Term 1 week 1 2010
**FRUIT - GREEN ATTACK**

FRUITS WHEN AVAILABLE IN SEASON
THE FOLLOWING ARE AVAILABLE DAILY

Orange quarters .20c
Apples Curled (Slinkied) .60c
Own apple (curled by canteen) .20c
Frozen Pineapple .40c
Frozen Grapes .50c
Frozen fruit shots .30c

---

**RECESS ITEMS**

Check inside notice board of Canteen for DAILY SPECIALS

**MEAL DEALS**

Pre - ordering required as Advertised in Newsletter

**DRINKS**

Milk 300mls Plain $1.20
Milk 300mls Chocolate Strawberry $1.50
Spring Water 600mls $1.00
Fruit juice 250mls $1.50
Apple Blackcurrant Orange each
Aroona 350mls $1.80
Playwater 350mls $1.80
Playwater 600mls $2.20

---

**SRWs (SANDWICHES ROLLS & WRAPS)**

<table>
<thead>
<tr>
<th></th>
<th>S</th>
<th>R</th>
<th>W</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered</td>
<td>$1.00</td>
<td>$1.50</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.70</td>
<td>$2.30</td>
<td>$2.30</td>
</tr>
<tr>
<td>Salad</td>
<td>$2.80</td>
<td>$3.30</td>
<td>$3.30</td>
</tr>
</tbody>
</table>

Salad includes: lettuce, tomato, grated carrot, cucumber, beetroot
Extras to the above add 50c ea

Egg, Baked beans, Spaghetti, Pineapple or any one
Vegetable and $1.00 for the following:
Ham, Tuna, Salmon, Grated cheese (on wraps)
Sliced cheese on (Sandwiches and Rolls), Diced Chicken, Falafel (new)
Toasting an extra 20c for any of the above

---

**SALADS**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini salad box (lettuce, tomato, carrot pieces)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Salad box (lettuce, tomato, carrot, cucumber, beetroot)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Fresh fruit salad box (apple, watermelon, kiwi fruit, rockmelon, grapes) Or fruit in season</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

---

**FROZEN TREATS**

Orange juice cups .60c
Icemonys .60c
Fruit sticks .60c
Calippos Lemon Raspberry .90c
Icy Twists Lemonade $1.00
Paddle Pops Chocolate Strawberry Banana $1.20
Moos $1.30
Choc Shake $2.00

---

**SNACKS**

Mini JJs .40c
JJs $1.00
Red rock deli chips $1.20
Jumpsies $1.00
Bread sticks .40c
Gingerbread $1.00
Popcorn $1.00

---

**HOT FOOD**

Corn on the Cob .80c
Chicken & Corn roll $2.00
Pizza Pockets supreme or ham & pineapple or cheese & bacon $2.00
Hot dog with sauce tomato or sweet chilli $2.50
Noodle cup Beef or Chicken $2.50
Meat pie $2.80
Beef Burger tomato or chilli sauce $3.00
add $1.00 extra for lettuce, tomato & cheese
Beef Twista bolognaise Pasta $4.00
Flame grilled Chicken Burger with lettuce (lite mayo or sweet chilli Sauce) $4.00

---

**MEAL DEALS**

MONDAY $2.50
SUSHI: Varieties include Vegetarian, Chicken Teriyaki or Smoked Salmon each

TUESDAY $4.00
Check the newsletter each week or the notice board

WEDNESDAY
Chicken Nuggets (6) + Treat