

Erina Heights Public School

Canteen Menu

Open Wednesday, Thursday, Friday- Order online via Flexischools

RECESS- CHANGES DAILY

Seasonal fruit cups (HM)	\$1.00
Garlic bread	\$1.50
McCains Seasoned Wedges	\$1.00
Pikelets with maple syrup (HM)	\$1.00
Pizza wraps (HM)	\$1.00
McCains oval hash browns	\$1.00
Hummus & carrot sticks	\$1.00
Hot cheese melt (HM)	\$1.00
Garlic and Cheese Pizza (HM)	\$1.00
Anzac biscuits (HM)	\$1.00
Cheese toastie (HM)	\$1.00
Ham and Cheese Melt (HM)	\$1.00



This menu complies with the NSW Healthy School Canteen Strategy

SNACKS- AVAILABLE RECESS & LUNCH

Apple Slinky	\$1.00
Alternate snack popcorn	\$1.50
Grainwaves	\$1.50
Potato chips	\$1.50
Custard Cup	\$1.00
Jelly Cup- 99% fruit Juice (HM)	\$1.00
Nutri-Grain/ Milo cereal	50c
Fruity Rings	50c
Rice crackers/ Jatz biscuits	20c

SALADS- ALL HOMEMADE

Large garden salad - lettuce, cucumber, tomato, carrot, cheese	\$4.50
Mini garden salad- lettuce, cucumber, carrot, tomato, cheese	\$3.50
Greek Salad - lettuce, olives, cucumber, feta, dressing	\$4.50
Caesar salad - cos lettuce, egg, parmesan, ham, croutons, dressing	\$5.00
Caesar salad - add chicken	\$6.00
Large Fruit salad, seasonal	\$4.00
Mini Fruit Salad, seasonal	\$2.50

SANDWICHES, WRAPS, ROLLS, TOASTIES (HM)

Wholemeal bread, roll or wrap, GF available	\$2.00
Add Vegemite	50c
Add jam	50c
Add Cheese	\$1.00
Add Ham/ tuna/ egg	\$1.00
Add Breast chicken	\$1.00
Salad- tomato, lettuce, cucumber, carrot	\$2.00
Asian wrap - chicken breast, tomato, lettuce, cucumber, teriyaki sauce	\$5.00
Chicken Caesar wrap- chicken breast, ham, lettuce, parmesan, dressing	\$5.00
Cheese toastie	\$3.00
Ham and cheese toastie	\$3.50
Cheese and tomato toastie	\$3.50
Ham, cheese, tomato toastie	\$4.00

BURGERS- AVAILABLE THURSDAYS

Chicken burger- flame grilled chicken breast, mayo, lettuce	\$5.00
Beef burger- (HM) pattie, lettuce, cheese, tomato sauce	\$5.00
Lentil burger- lentil pattie, lettuce, sweet chilli sauce	\$5.00
Add any salad item	

FROZEN SNACKS

TNT - blue raspberry/ raspberry	\$1.00
Scrapie- apple blackcurrant	\$1.00
Mini scrapie- frozen Milo & milk, apple blackcurrant	50c
Everest low fat ice cream cup	\$1.50
Moosies - chocolate/ blue moon	\$1.50
Quelch sticks - variety of flavours	\$1.00
Snappie- variety of flavours	\$1.00
Frozen watermelon	50c
Frozen pineapple ring	50c
Frozen grapes	50c

BIRTHDAY BUCKET

Includes a Quelch Stick for every member of the class	\$16
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HOT FOOD

Chicken fingers	70c
Chicken nuggets	80c
Chicken nuggets- GF	80c
Cheese pizza (HM)	\$4.00
Cheese and garlic pizza (HM)	\$4.00
Ham and cheese pizza (HM)	\$4.00
Hawaiian pizza (HM)	\$4.00
BBQ meatlovers pizza (HM)	\$4.00
Lasagne	\$4.50
Macaroni & Cheese	\$4.00
Napolitana pasta (HM)	\$4.00
Napolitana pasta (HM, GF)	\$4.00
Butter chicken & rice (HM)	\$5.00
Fried rice (HM, GF)	\$4.00
Fried rice with chicken (HM, GF)	\$5.00
Egg & bacon roll (HM)	\$3.50
Egg roll (HM)	\$3.00
Hawaiian wrap - ham, fresh pineapple, cheese, toasted (HM, GF available)	\$4.50
Mexican Beef wrap- Mexican beef, refried beans, cheese, toasted (HM, GF available)	\$5.00
Vegetarian Mexican wrap - beans, refried beans, tomato, cheese, toasted (HM, GF available)	\$4.50
Corn cup (HM)	\$2.00
Beef nachos (HM)- corn chips, beef, refried beans, cheese (GF available)- available Wednesday	\$5.00
Vegetarian nachos (HM)- corn chips, beans, refried beans, cheese (GF available)- available Wednesday	\$5.00
Sausage roll	\$3.50
Meat pie	\$4.00
Spinach and Ricotta roll	\$3.50
Tomato/BBQ sauce	40c

SUSHI- AVAILABLE THURSDAYS (ORDER BY 9AM WEDNESDAY)

Beef, chicken, tuna, vegetable	\$4.00
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DRINKS

Flavoured milk- chocolate/strawberry	\$2.20
Up & Go- Choc Ice	\$2.00
Just Juice Popper - apple, apple and blackcurrant	\$1.50
Water bottle	\$2.00
Macquarie Valley Juice - orange/ apple	\$2.00
Cup fresh milk	\$1.00
Hot chocolate	\$1.50
Sipahh Straw with milk	\$1.50
Chill J- Sparkling fruit juice- watermelon, lemonade, orange passio	\$2.20
Glee- Sparkling fruit juice- tropical, bubblegum grape, raspberry	\$2.20