# Parramatta East Public School Canteen Menu 2017

## Sandwiches
- Butter & Jam: V $2.00
- Cheese: V $2.20
- Cheese & Tomato: V $2.50
- Chicken Lettuce & Mayo: H $3.50
- Tuna Lettuce & Mayo: H $3.50

## Toasties
- Wholemeal bread add - 30c
- Cheese: V $2.20
- Cheese & Tomato: V $2.40
- Chicken Lettuce & Mayo: H $3.60
- Tuna Lettuce & Mayo: H $3.60

## Burgers
- Veg Burger w/Lettuce & Sauce (NONV): V $4.00
- Chicken Burger w/Lettuce & Mayo: H $4.00
- Chicken Burger w/Cheese: H $4.00
- Grilled Chicken w/Lettuce & Mayo: H $4.30
- Grilled Chicken w/Cheese: H $4.30

## Wraps
- Veg Salad (Pure Veg) (NONV): V $4.00
- Samosa Wrap w/Lettuce & Sauce (NONV): V $4.00
- Salad w/roast Chicken slices: H $5.00
- Chicken Chippie w/Lettuce & Mayo: H $4.00
- Grilled Chicken w/Lettuce & Mayo: H $4.50
- Sweet chilli Chicken w/Lettuce: H $4.00

## Salad Box 500ml
- Salad (Pure Veg) (NONV): V $4.50
- Salad w/grilled Chicken: H $5.00
- Salad w/Tuna: H $5.00

## Hot Food (Non-Veg)
- Lasagne - Chicken: H $3.70
- Lasagne - Meat: H $3.70
- Spaghetti - Meat: H $3.70
- Meat Pie w/Sauce: H $3.70
- Party Pies w/Sauce 3pcs: H $3.50
- Sausage Roll w/Sauce: H $3.70
- Chicken Nuggets w/Sauce 6pcs: H $3.70
- Chicken Nuggets w/Sauce 8pcs: H $4.50
- Chicken Chippies w/Sauce 6pcs: H $3.70
- Chicken HotDog w/Sauce: H $3.50
- Fish Fingers w/Sauce 6pcs: H $3.50

## Hot Food (Veg)
- Hash Brown 1pc (NONV): V $1.00
- Lasagne - Veg: V $3.70
- Macaroni & Cheese (NONV): V $3.70
- Pizza Cheese (NONV): V $3.50
- Veg Roll w/Sauce: V $3.70
- Veg Samosa w/Sauce 2pcs (NONV): V $3.80
- Potato Wedges w/Sauce (NONV): V $3.50
- Garlic Bread: V $3.00

## Noodles
- Veg cup noodles: V $3.00
- Chicken cup noodles: V $3.00

## Fruit
- Fresh Fruit of the Day: V $1.20
- Fresh Fruit Salad box - 250ml: V $3.80

## Fruit Smoothies
- With Milk - 300ml: V $4.50
- With cold Banana - 300ml: V $5.00

## Cold Drinks
- Quench Sparkling water w/10% Juice: $2.00
- Fruit Juices Orange/Apple: $2.20
- Aloe Chill: $2.00
- Water Bottle - 600ml: $2.00

## Milk
- Oak Milk 300ml: $2.20
- Hot Chocolate: $2.00

## Slushie
- 99% Fruit Juice Slushie: $2.00

## Ice Creams
- Paddle pop stick: $2.00
- Paddle pop cup - Shaky Shake: $2.50
- Frozen Yoghurt cup: $2.50
- Ice Block: $1.00

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**Lunch bags available at the counter for FREE**

Slushies, Hot Chocolate, Smoothies & Ice cream with lunch orders - Collect at the canteen counter (please present your lunch bags to collect). Fruit Smoothies on preorder only. For early lunch orders please inform the canteen staff in advance. This canteen is a heat and serve canteen. If your child has any kind of food allergies, please contact the canteen staff before ordering or buying from the canteen.

**Lunch Orders**

Please have your lunch orders in before 9:00am with your child's Name/Class/Order written on the lunch bag.

**Canteen Time**

Monday-Friday (school days)
8:45am - 3:30pm
Breakfast | Recess | Lunch

All meals are portion controlled. This menu is designed as per NSW food and canteen guidelines and healthy school canteen strategy.

We serve 100% pure Veg Food with No garlic, No Onion options.
Vegetarian food is stored and prepared separately.
All salads are freshly cut; our breads are delivered & stored fresh, not frozen.
All menu items are subject to availability and stock.