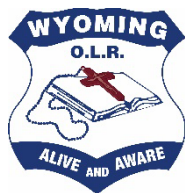


# CANTEEN MENU 2024



## RECESS

Ham & Cheese wrap toasted.....	\$1.00
Spaghetti Pizza Subs .....	\$1.00
Cheesy Garlic Bread .....	\$0.50
Pikelets (homemade).....	\$0.30
Potato Hash Brown .....	\$1.50
Custard Cup .....	\$1.00
Milo Cup/Hot Chocolate.....	\$1.00
Up & Go.....	\$2.00
<b>(Chocolate/Strawberry/Vanilla)</b>	
'Twisted' Frozen Fruit Yogurt.....	\$2.00
**Deli Red Rock ** .....	\$1.50
<b>(Sea Salt)</b>	
**Popcorn / Pretzels** .....	\$1.00
Curly Apple.....	\$1.00
<b>(**Can also be ordered for lunch service**)</b>	

## LUNCH

### SANDWICHES/WRAPS/ROLLS

Whole meal Bread / Gluten Free

Bread & Butter .....	\$1.00
Cheese & Tomato.....	\$2.50
Cheese.....	\$2.50
Egg & Lettuce(with mayo) .....	\$3.70
Egg (plain or curry).....	\$3.50
Ham, Cheese & Tomato .....	\$4.00
Lean Ham.....	\$3.50
Ham & Cheese.....	\$3.80
Chicken Breast.....	\$3.50
Salad .....	\$4.00
<b>(lettuce/tomato/carrot/cucumber/beetroot)</b>	
Tuna.....	\$4.00
Vegemite .....	\$2.50
<b>Sandwich &amp; Wrap Extras: Fillings</b>	
<b>(lettuce/tomato/cucumber/</b>	
<b>Beetroot/cheese/carrot) .....</b>	<b>\$0.30ea</b>

## TWISTER WRAPS

<b>Seared Chicken Twister</b> .....	\$4.50
<b>(Seared Chicken/lettuce/tomato/mayo)</b>	
<b>Sweet Chilli Chicken Twister</b> .....	\$4.50
<b>(Chilli tender/lettuce/tomato/mayo)</b>	
<b>Mexican Twister</b> .....	\$4.50
<b>(Seared Chicken/cheese/salsa/avocado/lettuce)</b>	
<b>Salad Twister</b> .....	\$4.30
<b>(Lettuce/tom/cucumber/beetroot/carrot)</b>	

## SALAD BOXES

**(lettuce, carrot, tomato, beetroot, cucumber, celery, egg cheese)**

<b>(GF)Salad (lge)</b> .....	\$4.50
<b>(GF)Salad (sml)</b> .....	\$3.50
Chicken/Ham/TunaSalad(lge) .....	\$4.50
Chicken/Ham/Tuna Salad(sml) .....	\$4.00
Caesar Salad .....	\$5.00
<b>(chicken/lettuce/cheese/ham/mayo/egg)</b>	
<b>(GF) Mini Salad Box</b> .....	\$3.50
<b>(Carrot, celery, cucumber sticks, cheese)</b>	
<b>MINI SALAD BOX + 3 chick fingers</b> .....	\$5.00

## BURGERS

<b>Chicken Burger</b> .....	\$4.50
<b>(Crumbed Chicken/lettuce &amp; mayo)</b>	
<b>Hawaiian Burger</b> .....	\$4.70
<b>(Crumbed Chicken/lettuce/cheese/mayo/pineapple)</b>	
<b>Cheese Burger</b> .....	\$4.40
<b>(Beef patty/cheese/bbq or tomato sauce)</b>	
<b>OLR Burger</b> .....	\$4.70
<b>(Beef patty/cheese/tomato/beetroot/pineapple/lettuce/bbq or tomato sauce)</b>	
<b>Veggie Burger</b> .....	\$4.40
<b>(Veggie patty/lettuce/tomato/cheese/mayo, tomato sauce, BBQ sauce, sweet chilli sauce)</b>	

## **HOT LUNCH MEALS**

Chicken Fingers (3per bag).....	\$2.20
Chicken Breast Nuggets.....	\$0.80ea
(Tomato / BBQ Sauce) .....	\$0.30
Pizza Cheese Wrap (Veg).....	\$4.00
Large Pie (low fat) (175g).....	\$3.50
Small Pie (low fat) (125g).....	\$3.00
Sausage Roll (low fat).....	\$3.00
(GF) Chicken Nacho's .....	\$5.00
(corn chips/chicken/salsa,cheese,avocado dip)	
(GF)Beef Nacho's .....	\$5.00
(corn chips/beef/cheese/avocado dip)	
(GF) Plain Nacho's.....	\$5.00
Macaroni Cheese.....	\$4.50
(GF) Fried Rice.....	\$4.50
Twista Pasta.....	\$4.50
Beef Lasagne.....	\$4.50

## **DRINKS**

M2Go Flavoured Milk 250ml.....	\$2.00
(Chocolate/Strawberry)	
Popper Juice.....	\$2.00
(Apple/OJ/Paradise Punch/Apple Blackcurrant)	
Water 350ml.....	\$1.00

## **FROZEN ITEMS**

Quelch Iceblock .....	\$1.00
(Strawberry/Apple/Blackcurrant)	
$\frac{1}{2}$ Quelch Iceblock .....	\$0.50
Juicie Tubes Iceblock .....	\$1.00
(Assorted Flavor depending on availability)	
TNTS.....	\$1.00
(Blue Raspberry/Sour Strawberry)	
Snapstix.....	\$1.00
(Assorted Flavor depending on availability)	
'Twisted' Frozen Yoghurt .....	\$2.00
(Assorted Flavor depending on availability)	

## **OUR CANTEEN OPERATES MONDAYS, WEDNESDAYS and FRIDAYS**

Families are encouraged to use the 'Flexischools' app to order recess/lunch. If ordering over the counter in the AM, please ensure your child's name & class is clearly written on a lunch bag. All change will be taped to your child's lunch bag.

## **ICE BLOCKS CANNOT BE PRE-ORDERED ONLINE BUT CAN BE PURCHASED OVER THE COUNTER AT LUNCH**

Our canteen provides an important service for our students at OLR Wyoming. It cannot operate without the voluntary help of parents, carers & grandparents. If you could spare some time to help volunteer in the canteen, please contact the School Office and a day will be allocated that suits. You can order recess and lunch by registering with the flexischools app.



(flexischools.com.au).

OUR CANTEEN MENU HAS BEEN DEVELOPED  
IN ACCORDANCE WITH THE  
NSW 'HEALTHY SCHOOL CANTEEN' STRATEGY  
WITH EVERYDAY HEALTHY FOODS MAKING UP  
AT LEAST 75% OF OUR MENU.