



# TURRAMURRA PUBLIC SCHOOL CANTEEN

MONDAY • WEDNESDAY • THURSDAY • FRIDAY

CANTEEN MANAGER HAYLEE BRUGMAN 0422 222 601 • CANTEEN ASSISTANT LAURA ELIA 0405 424 621

## CANTEEN MENU Effective October 2019

### SANDWICHES AND ROLLS

Wholemeal or white bread	
Add 50c for rolls - only white	
Cheese	\$2.30
Vegemite	\$2.00
Honey	\$2.00
Ham	\$2.70
Tuna	\$3.50
Egg	\$2.70
Salad: lettuce, tomato, carrot, beetroot, cucumber + mayo	\$3.50
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber	20c each
Cheese	60c
Egg	\$1.00
Mayonnaise	50c
Plain roll with margarine	90c

### FRESH FRUIT AND VEGETABLES **GF**

Orange - half, sliced	50c
Pear - half, sliced	50c
Apple in skin and/or sliced	\$1.00
Kiwi fruit - peeled, sliced	70c
Fresh fruit salad - snack size	\$1.00
Fresh fruit salad - large size	\$2.00
Carrot and/or celery sticks	50c

### LAVASH WRAPS

Salad	\$4.00
Crumbed chicken tenderloins (x2)	\$4.50
Ham	\$3.50
Ham + cheese + salad	\$5.00
Tuna + egg + salad	\$6.00
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber	20c each
Cheese	60c
Egg	\$1.00
Mayonnaise	50c

### SNACKS AND CUSTARD

Raisin toast (recess only)	50c
Vegemite crusty	60c
Popcorn (air popped)	50c
Corn Thins (2) <b>GF</b>	70c
Grain Waves	\$1.00
Hard boiled egg <b>GF</b>	\$1.00
High fibre muffin - Blueberry or Apple cinnamon	\$1.20
Red Rock chips - Sea Salt <b>GF</b>	\$1.80
Vanilla Custard <b>GF</b>	\$1.60

### SUSHI

Available every day canteen is open	
Hand rolls	\$3.50
Vegetable <b>GF</b>	
Californian	
Cooked tuna and cucumber	
Chicken	
Chicken and avocado	
Avocado roll <b>GF</b>	
Avocado and cucumber <b>GF</b>	
Note: Soy Sauce provided is not <b>GF</b>	

### SALADS

Colourful salad medium	\$3.00
- add ham	\$1.00
- add 95g canned tuna	\$2.50
- add egg	\$1.00
Kids crunchy salad	\$2.50

### FROZEN FUN

Milk cup: choc or strawberry	50c
Juice Cup <b>GF</b>	
Orange or apple/blackcurrant	50c
Quelch stick <b>GF</b>	50c
Paddlepop <b>GF</b>	\$1.80

### DRINKS

Popper: apple, tropical, apple and blackcurrant	\$1.50
Plain bottled water 600ml	\$1.50
Hot Chocolate	\$1.70
Oak Light Milk 300ml	
Chocolate or strawberry	\$2.00
Sparkling Juice Bomb	\$2.20

### HOT STUFF

Party pie (46g)	\$1.40
Large Sausage Roll (120g)	\$3.20
- add sauce	30c
Pizza Muffins (½ English muffin)	
Tomato paste + tasty cheese	\$1.30
Ham + cheese	\$1.70
Crumbed chicken fingers x 3	\$2.00
Potato wedges cup	\$1.80
- add sauce	30c
Spiral Cheesy Pasta (200ml) (GF Available)	\$3.00
Hash Browns <b>GF</b>	\$1.20
Fried Rice <b>GF</b> (vegetarian)	\$3.80
Beef Lasagna	\$3.80
Macaroni Cheese	\$3.80
Good Food Hero	\$4.50
- Pasta Bolognese	
- Butter Chicken <b>GF</b>	
- Thai Chicken Curry <b>GF</b>	
Chicken burger	\$4.00
Hamburger with tomato or BBQ sauce	\$4.00
- bunless with salad	\$5.00
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber	20c each
Cheese	60c

Lunch orders must be placed  
ONLINE by registering with  
[www.flexischools.com.au](http://www.flexischools.com.au). The  
order cut off time is 9.15am.

Please arrange a swap if you are  
unable to attend the canteen on  
your scheduled day and **then** text  
Haylee on 0422 222 601 to let her  
know who will be replacing you.