

Recess

- Snack items cannot be ordered, but rather the children can purchase at the counter
- ice-blocks are not available at recess
- Items on the menu are not always available, options change daily

Red Rock Deli Chips- Sea Salt.....	\$1.70
GrainWaves– Sour Cream & Chives.....	\$1.70
Popcorn – Freshly Popped.....	20c
Fresh Fruit.....	20c (seasonal fruit available)
Apple slinkies.....	20c
BYO Apple.....	FREE
Watermelon Cup.....	\$1.00
Vegie Sticks with Salsa.....	\$1.00
Milo with a cup of milk.....	\$1.20
Sipahh Straw with a cup of milk.....	\$1.20
Fruit muffin.....	50c
Melt	\$1.50 (Variety of flavours eg. Baked bean or spaghetti)
Pikelets, plain.....	20c
<u>Extras</u>	
Brown bag for lunch order.....	10c

The Uki P&C are committed to providing our students with a healthy, nutritious recess and lunch, in accordance with the NSW Healthy School Canteen Strategy. The Canteen Strategy is categorised into 2 groups, Everyday and Occasional, with the aim to support student health by providing access to healthy foods and drinks. Our canteen was certified as compliant with the strategy in March 2019.

The canteen will also have special menu days such as sushi day, burger day, spaghetti day, taco day etc., which will be advertised in the school newsletter as they are organised.

Our canteen is run entirely by volunteers and requires many hands to make this great service function. New volunteers are always welcome, the children thoroughly enjoy seeing you helping out in our school.

Thank you for supporting our canteen. Profits are used to contribute to our school to purchase resources, technology and books for every student to enjoy.



UKI PUBLIC SCHOOL

P&C CANTEEN MENU 2021

RECESS: 10:25 am -10:45am
LUNCH: 11:45 am - 12:00pm
PLAY BREAK: 1:00 pm-1.40 pm

HOW TO ORDER:

StickyBeaks reusable lunch bags are available from purchase in the uniform shop, or you can use a brown paper bag large enough to fit your child's order inside for delivery to the classroom.

Please print clearly on **BOTTOM HALF** of bag; your child's name, class, order and amount.

ONLINE ORDERING IS AVAILABLE AT —
myschoolconnect.com.au

Sandwiches, Wraps, Rolls and Toasties

•All Bread, rolls and wraps are Wholemeal, Dairy free and egg free

•Please specify if you would prefer no margarine

•GLUTEN FREE (contains dairy) AVAILABLE

Please Choose From:

lettuce	avocado	ham
tomato	beetroot	chicken
cucumber	capsicum	egg
carrot	red onion	cheese

Add a sauce for FREE:

mayo	bbq sauce
tomato sauce	sweet chilli sauce
mustard	

1 Filling.....\$2.00

2 Fillings.....\$2.50

3 Fillings.....\$3.00

All extras.....50c EACH

Toasting (Please specify).....FREE

Salad Filling.....\$3.00

(lettuce, tomato, cucumber and carrot)

ADD EXTRA.....50c EACH

(ham, chicken, egg, cheese, OR avo)

Salads

Uki Salad Bowl (GF/DF/EF).....\$4.00
(Lettuce, tomato, cucumber, carrot, capsicum)

Caesar Salad.....\$4.00
(Lettuce, ham, egg, cheese, croutons, dressing)

Greek Salad (GF/EF).....\$4.00
(Cucumber, tomato, red onion, cheese, olives, dressing)

Pasta Salad.....\$4.00
(Pasta, lettuce, tomato, cucumber, cheese, mayo)

ADD chicken, ham, egg, OR avo.....50c EACH

Hot Food

BURGERS

Chicken, lettuce & mayo Burger (DF).....\$5.50

Beef, lettuce tomato & bbq sauce Burger (DF).....\$5.50

Egg Burger (DF).....\$3.50
(with Cheese or Fried Ham) (GF AVAILABLE)

PASTA

Homemade Beef Lasagne.....\$6.00

Homemade Spinach & Ricotta Cannelloni.....\$6.00

PIZZAS

Homemade Pizza (GF AVAILABLE).....\$3.50

Margherita (pizza sauce & cheese)

Pineapple & Cheese

Ham & Cheese

Ham, Pineapple & Cheese

BBQ Chicken & Cheese

Vegie (fresh tomato, olive & cheese, capsicum, onion, olives & cheese)

BAKED POTATOES

Baked Potato (GF/EF).....\$3.50

(Baked Bean & Cheese)

(Avo, Salsa & Greek Yoghurt)

(Fried ham, Cheese & Greek Yoghurt)

HOTDOGS

Hot Dog.....\$2.70

Plain (GF AVAILABLE) or Vegetarian (DF/EF)

with Sauce.....\$2.90

with Sauce & Cheese.....\$3.20

PIES

Party Pie- Square.....\$1.50

Meat Pie – Traveller (EF)\$3.50

Homemade Sausage Roll\$2.70

Homemade Spinach & Cheese Triangle (EF).....\$3.00

Apple Pie (DF/EF) available for speciality diets, online purchase only

MISC

Nachos (GF/EF).....\$5.00
(corn chips, salsa, refried beans, cheese, greek yoghurt & avocado)

Garlic Bread (DF/EF).....\$1.00

Chicken Wing (EF).....\$1.00

Chicken Nuggets3 for \$1.50

Chicken Garlic Ball.....\$1.00

Hash Brown (GF/DF/EF).....\$1.00

Drinks

Bottled Water.....\$1.00

Apple/Apple & Blackcurrant/Orange Juice (DF).....\$2.00

300ml Plain Milk.....\$1.50

Chocolate/Strawberry Milk.....\$2.00

Sipahh Straw & Milk bottle.....\$2.00
(choc mint, chocolate, cookies & cream)

ALL DRINKS GLUTEN FREE & EGG FREE

Frozen Treats

• *Only sold during fruit break.*

• *All frozen treats ordered on lunch bags will be served at fruit break*

Homemade iceblock (GF/EF).....50c

Fruit Tube (Quelch)(GF/DF/EF).....60c full
30c half

Bulla Vanilla Ice Cream Cup (GF/EF).....\$2.00

Paddle Pop - Chocolate & Banana.....\$2.20

GF= GLUTEN FREE

DF=DAIRY FREE

EF=EGG FREE

ONLINE ORDERING AVAILABLE AT —

MYSCHOOLCONNECT.COM.AU