

PENSHURST PUBLIC SCHOOL CANTEEN

(IN LINE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY)

SUMMER MENU (TERMS 1 & 4)

Everyday food & drinks - 3/4 of the menu is comprised of a range of these healthy foods & drinks from the five food groups or meals made from them.

Occasional foods & drink - Foods to eat sometimes & in small amounts - Only the healthiest choices with a health star rating of 3.5 stars and above and limited to no more than 1/4 of the menu.



Item	Cost	Rating
BREAKFAST		
TOAST WITH JAM OR VEGEMITE (1 SLICE)		
FRUIT SALAD - SMALL	\$1.00	EVERYDAY
FRUIT SALAD - LARGE	\$1.50	EVERYDAY
MUFFINS - FRUIT - HOMEMADE	\$2.50	EVERYDAY
PIKELETS - HOMEMADE	\$1.00	EVERYDAY
JUICE - 100% - ORANGE, APPLE	\$0.50	EVERYDAY
MILK - 300ML - PLAIN	\$2.00	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY	\$1.00	EVERYDAY
UP & GO - 250ML - CHOCOLATE, STRAWBERRY, VANILLA	\$2.50	EVERYDAY
SNACKS		
FRUIT SALAD - SMALL	\$1.50	EVERYDAY
FRUIT SALAD - LARGE	\$2.50	EVERYDAY
WATERMELON CUP - SMALL	\$1.00	EVERYDAY
WATERMELON CUP - LARGE	\$2.00	EVERYDAY
VEGETABLE STICKS	\$1.00	EVERYDAY
VEGETABLE STICKS WITH DIP	\$1.50	EVERYDAY
VEGETABLE STICKS WITH LITE CHEESE & WHOLEMEAL CRACKERS	\$3.00	EVERYDAY
FRESH FRUIT - SEASONAL	\$1.00	EVERYDAY
RICE CRACKERS (WHOLEMEAL/PLAIN) - SMALL	\$0.50	EVERYDAY
RICE CRACKERS (WHOLEMEAL/PLAIN) - LARGE	\$1.00	EVERYDAY
RICE CRACKERS (WHOLE/PLAIN WITH LITE CHEESE)	\$1.50	EVERYDAY
PIKELETS - (HOMEMADE)	\$0.50	EVERYDAY
MUFFINS - (FRUIT - HOMEMADE)	\$1.00	EVERYDAY
POPCORN - PLAIN - SMALL	\$0.50	EVERYDAY
POPCORN - PLAIN - LARGE	\$1.00	EVERYDAY
GRAIN WAVES - SOUR CREAM & CHIVES - 28G	\$2.00	OCCASIONAL
RED ROCK - SEA SALT - 28G	\$2.00	OCCASIONAL
COLD LUNCHES - SANDWICHES AVAILABLE EVERYDAY - (BROWN, WHITE, GLUTEN FREE)		
ROLLS		
TURKISH BREAD	\$0.80	EVERYDAY
GLUTEN FREE BREAD	\$1.00	EVERYDAY
VEGEMITE	\$1.00	EVERYDAY
JAM	\$2.00	EVERYDAY
EGG	\$2.00	EVERYDAY
CHEESE (REDUCED FAT)	\$3.00	EVERYDAY
TUNA (SPRING WATER)	\$3.00	EVERYDAY
HAM (REDUCED FAT)	\$3.50	EVERYDAY
CHICKEN	\$3.00	EVERYDAY
SALAD	\$4.00	EVERYDAY
ADD ANY OF THE FOLLOWING - TOMATO, BEETROOT, CUCUMBER, CARROT, LETTUCE	\$4.50	EVERYDAY
CHEESE OR PINEAPPLE	\$0.40ea	EVERYDAY
	\$0.50	EVERYDAY
SALADS		
GREEK SALAD - (TOMATO, CUCUMBER, CAPSICUM, SPANISH ONION, OLIVES, FETA)	\$5.00	EVERYDAY
CAESAR SALAD - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE)	\$5.00	EVERYDAY
MIXED SALAD - (LETTUCE, CHERRY TOMATO, CARROT, CELERY, CUCUMBER, BEETROOT)	\$4.50	EVERYDAY
MIXED SALAD - ADD CHOICE OF EGG, LITE CHEESE, HAM, CHICKEN OR TUNA	\$1.00EA	EVERYDAY
WRAPS		
FALAFEL WRAP - (TOMATO, CUCUMBER, RED ONION, PARSLEY, HOMMAS)	\$5.00	EVERYDAY
TURKEY WRAP - (AVOCADO, TOMATO, LETTUCE, CHEESE, RANCH DRESSING)	\$5.00	EVERYDAY
RAINBOW VEGGIE WRAP - (AVOCADO, EGG, CARROT, LETTUCE, TOMATO, CUCUMBER, CORN & LITE CHEESE)	\$5.00	EVERYDAY
CHICKEN CAESAR WRAP - (LETTUCE, EGG, CROUTONS, LITE CHEESE & CAESAR DRESSING)	\$5.00	EVERYDAY
HOT FOOD		
MONDAY		
FRIED RICE - HOMEMADE HAM OR VEGETARIAN	\$5.00	EVERYDAY
STAND N STUFF MINI BEEF TACO'S - (HOMEMADE)	\$5.00	EVERYDAY
HAM TOASTED SANDWICH	\$3.20	EVERYDAY

CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
TUESDAY		
STEAMED DUMPLINGS - PORK OR CHICKEN	\$5.00	EVERYDAY
SUSHI (PRE-ORDER MONDAY)	\$3.50-\$4.50	EVERYDAY
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
WEDNESDAY		
SPAGHETTI & MEATBALLS (HOMEMADE)	\$5.00	EVERYDAY
CHICKEN BREAST NUGGETS (3.5 STAR RATING)	\$5.00	OCCASIONAL
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
THURSDAY		
CHICKEN ALFREDO PASTA	\$5.00	EVERYDAY
PULLED PORK & COLESLAW SLIDERS	\$5.00	OCCASIONAL
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
FRIDAY		
THIN & CRISPY PIZZA (MARGHERITA, BBQ CHICKEN, HAWAIIAN, ZATAAR)	\$5.00	OCCASIONAL
HONEY SOY CHICKEN WITH VEGETABLES & RICE	\$5.00	EVERYDAY
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
DRINKS		
WATER - SMALL	\$1.00	EVERYDAY
WATER - LARGE	\$2.00	EVERYDAY
MILK - 300ML - PLAIN	\$1.00	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY	\$2.50	EVERYDAY
JUICE 100% - 250ML - ORANGE, APPLE	\$2.00	EVERYDAY
CHILL j - 100% SPARKLING FRUIT JUICE	\$2.50	EVERYDAY
GLEE CANS - (99% FRUIT JUICE - TROPICAL & GRAPE - 5 STAR RATING)	\$2.50	EVERYDAY
FROZEN ICE SNACKS		
WATERMELON POPS	\$0.50	EVERYDAY
FROZEN FRUIT BAGS	\$0.50	EVERYDAY
FROZEN JUICE CUP - 99% JUICE	\$1.50	EVERYDAY
QUELCH FRUIT ICE STICK - 99% JUICE	\$1.00	EVERYDAY
TWISTED FROZEN YOGHURT - CHOCOLATE, STRAWBERRY	\$2.50	OCCASIONAL