

Parkes East Public School Canteen Menu Term 1 2023



Preferred ordering via
flexischools.com.au
Or write a paper bag order and
have students bring to the canteen.
Lunch bags \$0.10



Sandwiches

(Wholegrain bread is available)

| | |
|---------------------------|---------|
| Vegemite | \$ 3.00 |
| Cheese | \$ 3.50 |
| Ham | \$ 4.00 |
| Chicken | \$ 4.50 |
| Tuna | \$ 4.50 |
| Cheese Salad | \$ 4.00 |
| Ham Salad | \$ 4.50 |
| Chicken Salad | \$ 5.00 |
| Toasted Sandwiches | |
| Cheese | \$ 4.00 |
| Cheese & Tomato | \$ 4.50 |
| Ham & Cheese | \$ 4.50 |
| Ham, Cheese & Tomato | \$ 4.50 |
| Chicken & Cheese | \$ 5.00 |

Salad Wraps

(Lettuce, tomato, beetroot, carrot, cheese)

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|----------------------|---------|
| Cheese Salad | \$ 5.50 |
| Ham | \$ 5.50 |
| Chicken | \$ 6.50 |
| Sweet Chilli Chicken | \$ 6.50 |

Salad Boxes

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|----------------------|---------|
| Ham | \$ 6.00 |
| Tuna | \$ 7.00 |
| Chicken | \$ 7.00 |
| Sweet Chilli Chicken | \$ 7.00 |

Cold Drinks

| | |
|--------------------|---------|
| Fruit Juice Popper | \$ 1.50 |
| Strawberry Milk | \$ 2.50 |
| Chocolate Milk | \$ 2.50 |
| 250ml Water | \$ 1.00 |
| 600ml Water | \$ 2.00 |
| Chillj/Juice bomb | \$ 3.00 |



Snacks

| | |
|------------------------------------|---------|
| Milo ice cube | \$.10 |
| Nutrigrain Cups | \$.20 |
| Cheese & Rice Cracker | \$.20 |
| Pikelet (max 5) | \$.20 |
| Watermelon | \$.20 |
| Jelly & Custard {10c cup refund} | \$ 1.50 |
| Fruit Juice Jelly {10c cup refund} | \$ 1.30 |
| Popcorn | \$ 1.00 |
| Apple Slinky | \$ 1.00 |
| Warm Milo | \$ 1.00 |
| Fresh Fruit Salad | \$ 1.20 |
| Cheese corn thin | \$ 0.50 |
| Grainwaves | \$ 1.20 |
| Pizza sub (Thurs recess only) | \$.50 |
| Garlic bread (Fri recess only) | \$.50 |



Hot Food

(Lunch only)

| | |
|--------------------------------|---------|
| Chicken Nugget | \$.70 |
| Corn Cob | \$ 1.00 |
| Party Pie | \$ 1.30 |
| Sweet Chilli Chicken Tender | \$ 2.00 |
| Sausage Roll | \$ 3.00 |
| Pizza Rounda | \$ 3.00 |
| Spaghetti Bolognese | \$ 4.50 |
| Lasagne | \$ 4.50 |
| Chickenburger (lettuce & mayo) | \$ 5.00 |
| Chickenburger & Salad | \$ 5.50 |
| Hamburger (lettuce & tomato) | \$ 5.00 |
| Tomato or BBQ sauce | \$.50 |
| | |
| Gluten free Chicken Nugget | \$ 0.80 |
| Gluten free Sausage roll | \$ 1.50 |
| Gluten free party pie | \$ 1.50 |

Frozen Options

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|---------------------|---------|
| Fruit Juice Pops | \$.20 |
| Rainbow Juice Pops | \$.50 |
| Snap-stick | \$ 1.00 |
| Rainbow Paddle Pop | \$ 1.50 |
| Frozen Orange Wedge | \$.20 |
| Frozen Grapes | \$.20 |