

Parramatta East Public School Canteen menu 2018

YUMMY & HEALTHY



All items on the menu are coded for your convenience **Veg - V Halal - H**



Breakfast

Until 9:15am

Wholemeal bread +50c		
Sandwich Butter & Jam / Cheese	V	\$2.20
Hash Brown 1Pc	V	\$1.00
Weet-Bix 2pcs w/milk	V	\$3.00
Corn flakes w/milk	V	\$3.00
Banana Bread / Choc Muffin	V	\$2.50
Up&Go	V	\$2.50

Sandwiches

Wholemeal bread +50c | Cheese +30c | Toasted +50c

Cheese Toastie	V	\$2.50
Cheese & Tomato	V	\$2.70
Grilled Chicken <small>Lettuce & Mayo / Cheese Grilled Chicken Breast fillet</small>	H	\$4.00
Tuna <small>Lettuce & Mayo / Cheese</small>	H	\$4.00
Salad (Pure Veg) <small>Lettuce, Tomato, Carrot, Cucumber, Beetroot</small>	V	\$4.00

Burgers

Cheese +30c | Hommus Spread +30c

Veg Burger <small>Lettuce & Tomato Sauce / Cheese Vegetable Patty</small>	V	\$4.20
Chicken Burger <small>Lettuce & Mayo / Cheese Crumbed Premium Chicken Breast Patty</small>	H	\$4.20
Grilled Chicken Burger <small>Lettuce & Mayo / Cheese Grilled Chicken Breast fillet</small>	H	\$4.70

Wraps

Cheese +30c | Hommus Spread +30c

Veg Salad Wrap <small>w/Tomato Sauce Lettuce, Tomato, Carrot, Cucumber, Beetroot</small>	V	\$4.20
Falafel Wrap <small>Lettuce w/Tomato Sauce</small>	V	\$4.20
Chicken Chippie Wrap <small>Lettuce&Mayo/Sweet Chilli Crumbed Premium Chicken Breast chippies</small>	H	\$4.20
Grilled Chicken Wrap <small>Lettuce & Mayo/Sweet Chilli Grilled Chicken Breast fillet slices</small>	H	\$4.70
Grilled Chicken Salad Wrap <small>Grilled Chicken Breast fillet slices, Salad, Mayo</small>	H	\$5.50

Sushi

Veg Teriyaki - 1 roll	V	\$3.00
Tuna <small>om</small> - 1 roll	H	\$3.00

Hot Food (Non-Veg)

Lasagne - Chicken / Meat <small>Lean meat, NSW School Green Approved</small>	H	\$4.00
Spaghetti - Meat <small>Lean meat, NSW School Green Approved</small>	H	\$4.00
Chicken Nuggets <small>w/Tomato Sauce Premium Chicken Breast nuggets</small>	H	\$3.70 / \$4.50 <small>6pcs 8pcs</small>
Chicken Chippies <small>w/Tomato Sauce Premium Chicken Breast Chippies</small>	H	\$3.70 / \$4.50 <small>6pcs 8pcs</small>
Chicken HotDog <small>w/Tomato Sauce Premium Low fat lean meat</small>	H	\$3.70
Party Pies <small>w/Tomato Sauce</small>		\$3.50
Pizza - Cheese & Bacon		\$3.50
Fish Fingers 6pcs <small>w/Tomato Sauce</small>	H	\$3.70

Hot Food (Veg)

Lasagne - Veg <small>NSW School Green Approved</small>	V	\$4.00
Macaroni & Cheese <small>NSW School Green Approved</small>	V	\$4.00
Pizza Cheese	V	\$3.50
Veg & Ricotta roll <small>w/Tomato Sauce</small>	V	\$4.00
Potato Wedges <small>w/Tomato Sauce</small>	V	\$3.50
Garlic Bread	V	\$3.00
Veg Samosa 2pcs <small>w/Tomato Sauce</small>	V	\$4.00

Salad Box

500ml

Salad (Pure Veg) <small>Lettuce, Tomato, Carrot, Cucumber, Beetroot</small>	V	\$4.50
Pasta Salad (Pure Veg) <small>Pasta, Beans Capicum, Tomato, Celery, Dressing</small>	V	\$5.00
Salad w/Chicken <small>Lettuce, Tomato, Carrot, Cucumber, Beetroot Grilled Chicken Breast fillet slices</small>	H	\$5.50

Noodles

Collect at canteen counter only

Oriental Flavour		\$3.00
Chicken Flavour		\$3.00

Drinks

Quench Sparkling water w/10% Fruit Juice		\$2.00
Fruit Juices Orange/Apple		\$2.20
Milk - 250ml		\$2.20
Water Bottle - 600ml		\$2.00

Fruit

Fresh Fruit of the Day	V	\$1.50
Fresh Fruit Salad box - 250ml	V	\$4.00

Yoghurt

Greek Style

w/Mixed Berry Coulis - 200g	V	\$2.50
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Fruit Slushie

99% Fruit Juice Slushie	V	\$2.00
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Ice Creams

Frozen Yoghurt tub		\$2.50
Paddle pop sticks		\$2.00
Shakyz Shake Tub		\$2.50

\$5 Weekly Specials

Order before 9:15am - Made to order, limited stock.

Tuesday

Pasta Veg 500ml
Pasta, sauce, mix vegetables

V

Pasta Chicken 500ml
Pasta, sauce, grilled Chicken slices

H

Thursday

Butter Chicken 500ml

H

& Rice 500ml
Butter chicken Grey w/chicken
served with
boiled rice

Lunch bags & Tomato/BBQ sauces with your order are complimentary.

Noodles, Slushie, Hot Chocolate & Ice cream with lunch orders - Collect at the canteen counter (please present your lunch bags to collect). For early lunch orders please inform the canteen staff in advance. Orders once placed cannot be cancelled or refunded.
IMPORTANT: Notify the staff if your child has any food allergies.

Lunch Orders

Please have your lunch orders in before 9:15am with your child's Name/Class/Order written on the lunch bag.
Payment by cash at the counter.

Canteen Time

Contact - Canteen manager on duty.
Call the school phone- ext/canteen

Monday-Friday (school days)
8:45am - 3:30pm
Breakfast | Recess | Lunch



All meals are portion controlled. This menu is designed as per NSW food and canteen guidelines and healthy school canteens strategy.
We serve 100% pure Veg Food with No garlic No Onion options.
Vegetarian food is stored and prepared separately.
All salads are freshly cut. Our breads are delivered & stored fresh not frozen.
All menu items are subject to availability and stock.

