

Sylvania Heights Public School

Canteen Menu



By David Hardy

Canteen Manager – Rebecca Bath 0412 487 858 / Menu Effective Term 2, 2020

ONLINE ORDERS

Set up your Online Ordering account
www.school24.net.au
 School ID: 25218963

Register online, top up your account and you are ready to place orders.
 Cut off time to place orders online is 8:30am daily.
 Orders may be placed in advance.

Online Ordering is the easiest way to get your lunch!

Our menu is compliant with the Fresh Taste @ School NSW Healthy Canteen Strategy

- (G) Green (eat plenty)
- (A) Amber (eat in moderation)

Extras: Bag \$0.20
 Sauce \$0.30
 Cutlery \$0.10

*GF = Gluten Free

Our canteen is run by the school's P&C. Your support helps to raise funds that go towards improvements at the school that benefit all students.

MONDAY \$5.50 Meal Deal

Choice of Pasta or Rice **and** a drink

TUESDAY/WEDNESDAY \$5.50 Meal Deal

Choice of Burger **and** a drink

Sandwiches

(G) Vegemite	\$2.00
(G) Cheese	\$2.50
(G) Ham	\$3.50
(G) Chicken	\$3.50
(G) Salad	\$3.50
(G) Ham Salad	\$4.50
(G) Chicken Salad	\$4.50

Extras \$0.30
 (tomato, lettuce, cheese, cucumber, beetroot, carrot)
 **toasted \$0.50

** sandwich fillings on a roll or a wrap for extra \$1.00

(G) Baked Beans Jaffle \$3.50
 ** add cheese \$0.30
 Add ham \$1.00

** **Gluten Free (GF)** bread or wraps are available for an extra \$1.00

Wraps

(G) Rainbow \$4.00
 (carrot, cheese, tomato, lettuce, cucumber, beetroot & mayo)

(A) Chicken Tender \$4.50
 (2 x chicken tenders with lettuce & mayo)

* sweet chili sauce is available on request

Salads

(G) Cucumber Sticks \$1.00
 (G) Carrot Sticks \$1.00
 (G) Vegie Sticks Combo \$1.50

(G) Sylvania Salad **GF*** \$4.00
 (lettuce, carrot, cucumber, tomato, cheese, beetroot)
 **add ham or chicken \$1.00

Burgers

(G) Hamburger \$4.00
 (meat patty & tomato sauce)

(G) Cheeseburger \$4.50
 (meat patty, cheese, tomato sauce)

(G) Heights Hamburger \$5.00
 (meat patty, cheese, lettuce, fresh tomato & tomato sauce)

(G) Chicken Burger \$4.50
 (flame grilled chicken breast tender, lettuce, mayo)

**add cheese to any burger, or wrap for \$0.30

Hot Food

(G) Garlic Bread	\$0.50
(A) Traveller Pie	\$3.50
(A) Hot Dog	\$4.00
(G) Macaroni & Cheese Pasta	\$4.50
(G) Bolognese Twista Pasta	\$4.50
(G) Fried Rice GF*	\$4.50
(G) Macaroni & Cheese Pasta GF*	\$5.00
(G) Lasagne GF*	\$5.00
(A) Chicken Fingers (2 for \$1.00)	\$1.00

Drinks

(G) Water 600ml	\$2.00
(G) Flavoured Milk (chocolate or strawberry)	\$2.00
(G) Chill J (grape, raspberry, orange & passionfruit or watermelon)	\$2.00
(G) Juice (apple or orange)	\$2.00
(G) Frozen Fruit Slushie (green watermelon & pink lemonade)	\$2.00

Snacks

(G) Fresh Fruit	
Apples	\$1.00
Pears	\$1.00
Oranges	\$1.00
(G) Breadsticks x2	\$0.30
(A) Sumo Cookies & Cream	\$0.50
(A) Noodle Snacks (chicken)	\$0.80
(A) Delites (sweet chilli & sour cream or sour cream & chives GF*)	\$1.00
(A) Deli Rock Chips (sea salt GF*)	\$1.20
(A) Popcorn Bag (sweet & salty or chicken GF*)	\$1.20
(G) Apple Slinky	
BYO Apple	\$0.20
Buy Apple	\$1.00

Ice Blocks

(G) Quelch Fruit Sticks (apple, strawberry, raspberry, blackcurrent)	\$0.50
(G) Snap Sticks (grape, blueberry, raspberry)	\$1.00
(G) Frozen triangles (sour blue raspberry, sour red berry blast, lemon ice or chocolate)	\$1.00

