



# COWRA PUBLIC SCHOOL

## 2019 CANTEEN PRICE LIST



Prices effective from **Monday 1<sup>st</sup> January 2019** and are subject to change.

**RECESS PURCHASES** are made directly from the canteen during recess break.

**ALL LUNCH ORDERS MUST BE WRITTEN ON A PAPER BAG AND HANDED IN TO THE CANTEEN BY 11.15AM**

**PLEASE NOTE: NO EFTPOS FACILITIES EXIST & CREDIT WILL NOT BE GIVEN**

**NO HOT FOOD LUNCH ORDERS WILL BE TAKEN AFTER 11.15AM**

**PLEASE NOTE: You will be charged 20 cents if you don't have a bag**

**SNACKS** (Recess & Lunch)

Carrot Sticks (E)	.05
¼ Orange (E)	.10
Celery (E)	.20
Cheese (E)	.20
Slinky Apple (E)	.60
Seasonal Fruit (E)	.60
Cheese & Crackers (E)	.60
(Small)	
Cheese & Crackers (E)	1.10
(Large)	

Custard Cup (O)	.50
Jelly Cup (O)	.50
Fruit Cup (E)	1.00
Fresh Popcorn (O)	1.10
Rice Crisps (O)	1.00
Watermelon on stick (E)	.20
Veg Dip Pack (E)	1.50
(Carrot, celery, cheese & dip)	

**RECESS ONLY**

Pizza Muffin (O)	1.10
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**DRINKS**

Water (large) (E)	1.60
Water (small) (E)	1.00
Flavoured Milk (E)	2.00
(Chocolate & Strawberry)	
Up & Go (E)	2.30
(Choc Ice, Caramel, Banana	
and Vanilla)	
Fruit Juice Popper (E)	1.60
(Apple Blackcurrant, Apple	
Raspberry, Apple, Orange	
and Tropical)	

**SANDWICHES AND WRAPS** (Please specify wholemeal or white)

Vegemite Sandwich (E)	2.20	Chicken or Ham & Salad Sandwich (E)	5.00
Cheese Sandwich (E)	2.70	Chicken or Ham & Salad Wrap (E) Full Wrap	5.00
Tuna Sandwich (E)	3.50	Half Wrap	3.50
Chicken Sandwich(fresh) (E)	3.90	Salad Sandwich (no meat) (E)	4.00
Ham Sandwich (E)	3.50	Salad Bowl (E)	5.30
Egg Sandwich (E)	3.20	Chicken or Ham Salad Bowl (E)	5.80

- Please add 10c for each additional filling to the basic sandwich price. Extras include, sauces, mayonnaise and having the sandwich or wrap toasted.

**A BITE OF FUN WRAPS** (Available in Full and Half size)

Cluck Cluck Wrap – (E)	Full Wrap	5.00	Half Wrap	3.50
contains fresh chicken, lettuce, croutons, cheese and mayonnaise				
Shark Bite Wrap – (E)	Full Wrap	5.00	Half Wrap	3.50
contains tuna, lettuce and mayonnaise				
Siesta Wrap – (E)	Full Wrap	5.00	Half Wrap	3.50
contains lean mince, lettuce, cheese and tomato				

### **HOT FOOD**

Spaghetti Bolognaise (E)	4.60	Beef Burger & Egg Muffin (E)	4.20
Lasagne (E)	4.60	Aussie Burger (E)	4.50
Chicken and Fried Rice (E)	4.60	(beef burger, lettuce, beetroot, tomato & cheese)	
Fresh Pizzas cooked on a wrap base –		Chicken Burger (E)	4.40
Ham, Cheese & Pizza Sauce (E)	3.20	(grilled chicken breast, lettuce & mayonnaise)	
Ham, Cheese, Pineapple & Pizza Sauce (E)	3.20	Crispy Chicken Strips (each. Max 3) (O)	1.20
Chicken & Barbeque sauce (E)	3.20	Sauce (E) each. Max 2	.60
		Tomato, BBQ, Sweet & Sour	

### **COLD SNACKS** (Lunch Only)

Quelch Sticks (E)	.80
Frozen Juice (E)	.50
(Apple, Orange, Orange/Mango & Apple/Blackcurrant)	
Frozen Orange Quarter (E)	.10
Frozen Yoghurt (O)	2.00
(Watermelon & Mango/Choc Vanilla)	
Slushies (E)	2.00

Cowra Public School Canteen is changing to a new, healthier menu in line with the NSW Healthy School Canteen Strategy.

(E) stands for everyday and includes foods that are healthy for our children to eat each day.

(O) stands for occasional and includes foods that are treats for our children to eat occasionally.

