



## HOLY FAMILY PRIMARY SCHOOL CANTEEN SUMMER MENU 2017

**Lunch orders ONLINE ONLY:** <https://flexischools.com.au>

Holy Family Canteen follows the Healthy Canteen Guidelines for ACT  
**Green Everyday Foods - Amber Sometimes Foods – Red Occasional Foods**

SANDWICHES & WRAPS			
	Sandwich	Wrap	Toasted
<b>Cheese/Ham/Jam/Vegemite</b>	\$2.00	\$2.50	Add 50c
<b>Ham &amp; Cheese / Ham &amp; Tomato / Ham, Cheese &amp; Tomato</b>	\$2.50	\$3.50	
<b>Salad (lettuce, tomato, beetroot, cucumber &amp; carrot)</b>	\$4.50	\$5.00	
<b>Chicken Wrap with lettuce &amp; tomato, plus mayo or sweet chilli</b>		\$4.50	
<i>All sandwiches are made with wholemeal bread</i>			
HOT FOOD			
<b>Mrs Macs Meat Pie</b>			\$4.00
<b>Mrs Macs Sausage Roll</b>			\$3.50
<b>Chicken Nuggets (3)</b>	<b>\$1.50</b>	<b>GF*</b>	\$2.00
<b>Chicken Nuggets (5)</b>	<b>\$2.50</b>	<b>GF*</b>	\$3.50
<b>Party Pies (Limit of 3)</b>			\$1.20 each
<b>Wedges in a bag</b> sour cream and sweet chilli served on the side			\$3.50 \$4.00
<b>Chicken Spinach &amp; Cheese Toasted Wrap</b>			\$4.50
MEAL DEALS..... \$5.00			
<b>Meal Deal #1</b> 5 chicken nuggets, fruit salad and fruit juice			
<b>Meal Deal #2</b> Wedges with sour cream and sweet chilli sauce, fruit salad and fruit juice			

OVER THE COUNTER SALES – RECESS & LUNCH	
<b>Cheesy Bread / Garlic bread / Pizza Slice</b>	\$0.50
<b>Sippah Straws with a cup of lite milk</b>	\$1.00
<b>Air-popped popcorn</b>	\$0.20
<b>Ovalteenies</b>	\$1.00
<b>Chips</b>	\$1.00
<b>Cookies</b>	\$1.00
<b>Daily Baked Muffins (assorted)</b>	\$0.50
<b>Fresh Fruit Smoothie (assorted)</b>	\$2.00
<b>Fruit Slices</b>	\$0.10

### SUMMER SALADS

*** AVAILABLE EVERYDAY ***	
Small \$5	Large \$6
<b>Caesar Salad</b>	
Fresh Lettuce, Boiled Eggs, Croutons, Bacon Parmesan Cheese and Dressing	
<b>Tuna Pasta Salad</b>	
Pasta served with Tuna and Seasonal Vegetables and a homemade sauce	
<b>Garden Salad</b>	
Fresh Lettuce, Tomato, Carrot, Cucumber, Capsicum and Cheese served with Italian Dressing.	

DRINKS AND FROZEN TREATS	
<b>Bottled Water</b>	\$1.00
<b>Flavoured Milk (Chocolate or Strawberry)</b>	\$2.00
<b>Plain Full Cream Milk</b>	\$1.50
<b>Fruit Box (orange, apple or apple/blackcurrant)</b>	\$1.50
<b>Twisted Frozen Yoghurt (chocolate, strawberry or raspberry)</b>	\$2.00
<b>Dory Ice Cream</b>	\$2.00
<b>Ice Cream Cup</b>	\$1.00
<b>Quelch Icy Poles</b>	\$0.50
<b>Frozen Fruit Cup</b>	\$0.50

Tomato Sauce & BBQ Sauce      \$0.30

## OPEN WED-THURS-FRI

Volunteers are always welcome!  
Call in at a time that suits you to help  
prepare or serve.

Michael

## IMPORTANT CANTEEN INFORMATION

- Please note that Holy Family Primary school aims to be a NUT FREE and ALLERGY FRIENDLY canteen.
- **Lunch orders are only available to order online** via Flexischools - <https://flexischools.com.au>. You can even set a recurring order on a weekly basis.
- Lunch orders are available to order online until **9:00am** each morning.
- If your child forgets their lunch, he/she will be provided with an alternative and an account will be sent home for payment. Your immediate attention to this matter would be greatly appreciated.
- Frozen items ordered in lunch orders will not be placed in your child's lunch order. A voucher will be placed in the bag for redemption at the canteen counter.

www.flexischools.com.au

### ONLINE ORDERING



- Available 24/7
- Convenient for parents
- Removes paper orders and cash
- FREE registration

Online ordering is more convenient, providing a 24/7 payment and ordering system that can be accessed from home, work or a mobile device.

No more fumbling around for coins in the morning or sending kids to school with excess cash, online orders are faster and more accurate giving parents peace of mind that their order and payment is received accurately at the school.

Registration is free and only takes a few minutes.

### EASY, ONLINE REGISTRATION

- Go to [www.flexischools.com.au](http://www.flexischools.com.au)
- Click REGISTER
- Enter your email
- You will be emailed a link to an online form - follow the link
- Choose a username and password and complete the form
- Add each student and their class
- Top-up the account - VISA or Mastercard preferred.



Place lunch orders from your phone, tablet or home PC!

For help call  
1300 361 769

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