



HOLY FAMILY PRIMARY SCHOOL CANTEEN WINTER MENU 2018

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
Cheese/Ham/Jam/Vegemite	\$2.00		Add 50c
Ham & Cheese / Ham & Tomato / Ham, Cheese & Tomato	\$2.50	\$3.50	
Salad (lettuce, tomato, beetroot, cucumber & carrot)		\$5.00	
Chicken Wrap with lettuce & tomato, plus mayo or sweet chilli		\$4.50	
Chicken and Avocado	\$4.00	\$4.50	
HOT FOOD			
Mrs Macs Meat Pie			\$4.00
Mrs Macs Meat Pie (GLUTEN FREE)			\$4.50
Mrs Macs Sausage Roll			\$3.50
Chicken Nuggets (3)	\$2.00	GF*	\$2.50
Chicken Nuggets (5)	\$3.00	GF*	\$4.00
Party Pies (Limit of 3)			\$1.20 each
Wedges in a bag			\$3.50
sour cream and sweet chilli served on the side			\$4.00
Chicken Spinach & Cheese Toasted Wrap			\$4.50
MEAL DEALS			
Meal Deal #1			\$5
5 chicken nuggets, fruit salad and a Drink			
Meal Deal #2			\$5
Wedges with sour cream and sweet chilli sauce, fruit salad and a Drink			
Meal Deal #3			\$7
Small Summer Salad, Fruit Salad and a Drink			

SUMMER SALADS

AVAILABLE EVERYDAY	
Small \$5	Large \$6
Chicken Cous Cous Salad Cous Cous with veggies and Chicken	
Tuna Salad Tuna and Seasonal Vegetables and a homemade sauce	
Garden Salad Fresh Lettuce, Tomato, Carrot, Cucumber, Capsicum and Cheese served with Italian Dressing.	

OVER THE COUNTER SALES – RECESS & LUNCH	
Cheesy Bread / Garlic bread / Pizza Slice	\$0.50
Air-popped popcorn	\$0.20
Ovalteenies/Chips	\$1.00
Cookies	\$1.00
Daily Baked Items (assorted)	\$0.50
Fruit Slices	\$0.10
Chips (assorted)	\$1.00

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

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
- 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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