

Canteen Volunteers

The canteen is run by Tina, our paid Supervisor and a dedicated Committee of parents. It is staffed by parent volunteers.

If you would like to join our happy team of volunteers either for a **Full shift** - 9:10am to 2:30pm or a **Half shift** either - 9:10am to 11:40am or 11:30am to 2:30pm please call Neroli Greenland Ph: 9402 1511
Email: Greenland@unwired.com.au



Slink Your Own Apples At Home

Buy your own Slinky Apple
Machine from the Canteen

*****NOW only \$30!*****

Ordering

Using a pre-printed lunch bag (available from most supermarkets) or a plain paper bag, please write clearly your child's Name, Class and Order in pen, and enclose correct money. Children need to place their orders in the class basket at the start of school.

Please use a separate bag for recess and lunch orders. Please note that some food items are only available through the ordering system, and not over the counter.

...OR TRY THE SCAmps ORDERING SYSTEM and make lunches really easy >>>>



Canteen Menu

Frenchs Forest Public
School

Canteen Hours

Monday	9:10am-2:30pm
Recess	11:10-11:30am
Lunch	1-1:50pm
Wednesday	9:10am-2:30pm
Recess	11:10-11:30am
Lunch	1-1:50pm
Friday	9:10am-2:30pm
Recess	11:10-11:30am
Lunch	1-1:50pm

Contact Details

School Ph: 9451 6353

Canteen Notes: SCaMPS

ordering system...

SCaMPS orders can be made online!
Lunches can be ordered in advance or on the day with no worries about having the correct change or paper bags on hand. **REGISTER NOW.....**

If you would like to register your family to use this great package, please e-mail Donna Dixon at dixonds@bigpond.com

FFPS Canteen Menu ~ Term 1 ~ 2009

Available Over the Counter

Morning Tea Only

Seasonal Cut Fruit Piece	10c
Slurps - frozen yoghurt or juice	30c
Pizza Muffin	\$1.00
Cheesies	60c
Vegemite Cheesies **NEW**	60c
Muffins - gluten free!	80c
HOT CROSS BUNS - hot buttered *NEW*	80c

Lunch Only - Icy Treats

There is limited stock of some frozen items and these will be sold on "first come" basis each day.

Juicies - Wildberry flavour	50c
FrozOs - frozen juice blocks	50c
Gelato Cups - banana, chocolate, strawberry	\$1.40
Frozen Milk	\$1.20

Available Over the Counter & Via Lunch Order

Fantastic Fruit & Veg

Seasonal Fruit Salad	\$2.00
Slinky Apples	80c
Whole Apples, or Oranges	80c
Bag of Orange pieces	70c
Orange Suckers	50c
Bag of Veggies	80c
Smiley Melons	80c
Fruit Kebabs	50c

Scrummy Snacks

Fruit Jellies	30c
Sour Fruit Straps	60c
Rice Cakes - <i>BBQ or Chicken</i>	80c
Vanilla Custard	70c
Breadsticks	50c
Popcorn - plain	60c
Hard Boiled Egg (Free Range)	90c
HOT CROSS BUNS - hot buttered	80c

Delicious Drinks

Poppers - 200ml 100% Juice	\$1.00
<i>Orange, Apple, Apple & Blackcurrant</i>	
Flavoured Milk <i>Strawberry, Choc or Banana</i>	\$1.20
Plain Milk - 300ml	90c
Water - 500ml	\$1.00
PlayFruit Water - 500ml	\$2.00
<i>Apple Raspberry or Lemon Lime</i>	
OKF fizzy drink - <i>Grape, lemon, strawberry</i>	\$1.60

Only Available Via Lunch Order

Hot Lunches

Chicken Burger (lettuce, tomato & mayo)	\$3.50
Hot Chicken Roll	\$2.90
Chicken Dogstar	\$1.70
Goujon Snack Pack - (5 goujons)	\$1.60
Ham & Pineapple Single	\$1.50
Pizza Muffin	\$1.00
Hot Cheesy Roll	\$1.80
Macaroni Cheese	\$2.80
Twister Bolognaise	\$2.80
Potato Wedges with sour cream and chilli sauce	\$2.00
Rice Cup with a dash of soy sauce	\$1.00
Corn on the Cob	70c

Create your own

Sandwiches, Bread Rolls and Wraps

Super Summer Sandwiches and Wraps

Choose either :-

Sandwich Bread or a	\$1.00
Bread Roll or a	\$1.00
Wrap for only	\$1.00

Then choose a filling, or two or three...

Ham or Chicken or Tuna	\$1.30
Lettuce	.30
Cucumber	.30
Tomato	.30
Grated Carrot	.30
Grated Cheese	.50
Egg	.90
Honey or Vegemite	.20

Just write the fillings you want on your lunch bag and it will be made fresh, just the way you like it...

Sensational Salads

Ham or Tuna with salad	\$3.40
Salad only	\$2.80
<i>Includes lettuce, cucumber, tomato, carrot, and mayonnaise - if requested.</i>	

Pasta in a Pail

Plain pasta -	\$1.10
...with Tomato based sauce	\$1.60