30 July 2014

Dear Valued Canteen Customers,

With thanks to the ACT Council of P&C Associations who have funded its set up, we are very excited to announce that online ordering is now available for canteen services for students at Bonython Primary!

If you want to avoid being short of money or having to raid your change jar/wallet to pay for lunch orders or have concerns that your child might forget to put their lunch order in or not spend money wisely at the canteen go to www.flexischools.com.au, register and start ordering recess and lunch for your child/ren online today.

On a less exciting note, please be advised that due to an increase in the cost of goods charged by our suppliers there has been a small price rise on some of our menu items effective immediately. Please ensure you check the new price list overleaf when ordering as if insufficient money is sent in an order the least nutritious item/s will not be provided.

We remain committed to the provision of delicious and nutritious food so greatly appreciate feedback. If you have any menu item suggestions or general service/food quality feedback (good or bad) we’d love to hear it either via email to bps-canteen@hotmail.com or in person by visiting the Canteen.

Thank you,

The P&C Canteen Sub-committee
DELICIOUS SNACKS......

Our SANDWICHES are made on wholemeal bread; or multigrain by request.

- Vegemite, Honey or Jam $2.10
- Ham, Chicken or Cheese $3.10
- Egg with Lettuce and Mayo $3.60
- Salad (lettuce, tomato, carrot) $3.60
- Ham, Chicken or Egg with Salad $4.10
- Toasted Ham and Cheese $3.40
- Toasted Ham, Cheese & Tomato $3.60

Tortilla Wraps $4.10
Mexican - diced chicken breast, salsa, cheese
Vege - lettuce, cheese, tomato, carrot
Hawaiian - ham, cheese, pineapple
CLT - chicken tenderloin, lettuce, tomato, mayo

Rainbow Salad (a tub full of crisp lettuce, ripe tomato, crunchy carrot and cheese) $2.60
With Ham, Chicken or Egg Add $0.50

Chicken Pasta Salad (a delicious mix of pasta, diced chicken breast, mixed veg & mayo) $3.60

Whole Boiled Egg $0.70
Carrot Sticks (6) & cheese $0.70

Are you supplying a bag for your child’s order to be packed in? If no, don’t forget to add 10 cents for a bag.

STRAIGHT FROM THE OVEN ......

- Corn Cobette $1.00
- Potato Wedges $2.10
- Pizza Muffin $1.10
- Yummy Drummy $1.30
- Chicken Dinos (2 per serve) $1.50
- Mrs Macs Party Pie $1.10
- Mrs Macs Sausage Roll $2.60
- Mrs Macs Chicken, Corn & Cheese Roll $2.60
- Mrs Macs Cruizer (Beef Pie) $3.60
- Mrs Macs Beef & Potato Pie $3.60
- Spaghetti Bolognaise $3.60
- Chicken Burger Wednesdays only $4.30
  (Oven-baked Chicken, iceberg lettuce, light tasty cheese, tomato and mayo on a roll)
- Tomato Sauce $0.30

LITTLE EXTRAS ......

These items, and blackboard specials, are also available for purchase from the counter at recess 11.00-11.30am and lunch 1.00-1.30pm

- Cup of Milo $1.00
- Air-popped Popcorn $0.20
- Fruit Muffin $0.40
- Pikelet $0.20
- Jelly Bite $0.40
- Small Nachos (WED ONLY) $1.50
- Apple Slinky $1.00
- Pizza $1.00
- BYO Apple for Slinky $0.20

DRINKS & FROZEN TREATS...

***Also available for purchase from the counter at recess & lunch***

- Nippys Dairy Drink (250ml Reduced fat choc, strawberry, honeycomb) $1.50
- Lite White Milkshake (choc, vanilla, strawberry, caramel) Small $1.50
  Large $2.00
- 600ml Water $1.00
- Just Juice (200ml popper/juice box orange, apple, apple & blackcurrant) $1.20
- LOL (250ml can carbonated 99% Fruit Juice aka fizzy fruit juice) $2.00
- Frozen Juice Cup $0.70
- Frozen Yoghurt $1.50
- Paddle Pop $1.50
- Icy Twist $1.20
- Fruit Stax $0.70
- Icy Bite $0.50
- Frozen Orange Pieces $1.00
- Frozen Fruit Salad $2.00

Milkshakes & Icy treats need to be collected from the canteen – a fluoro tag will be put on the lunch bag to remind the recipient of this

Manager: Jacki Osti Phone: 6293 3263
All volunteers warmly welcomed