

Snack Shack Menu 2024 – Term 1	
<b>Morning Tea –</b>	
Steamed mini chicken dim sim^	\$0.50
Pork and chive steamed dumplings^	\$0.50
Bliss Balls^	\$0.50
Mini frozen fruit cup (two flavours)^	\$0.50
Frozen yoghurt pop (two flavours)*	\$1.00
Frozen Moo milk pop (two flavours)*	\$1.00
Pizza slice^	\$0.50
Slinky apple^	\$1.50
Orange^	\$1.50
Crispy fruits (dried fruit)^	\$1.50
Piranha Popcorn (Sea Salt) ^	\$1.50
Rice cup~	\$1.50
Bread stick (plain or pizza flavoured)^	\$0.20
Plain Corn Thins^	\$0.20
Yoplait Yoghurt tub^	\$1.00
Fruit salad cup~	\$2.00
Carrot sticks (6 pieces)^	\$1.00
Carrot sticks with hummus (6 pieces)^	\$1.50
Snack Pack – cheese slices, cucumber slices, carrot sticks, rice crackers and hummus~	\$4.00
Rice crackers with cheese (6 pieces)^	\$2.00
Corn on the cob (50 grams)~	\$1.00
Moon Munch – wholemeal or white roll with melted cheese~	From \$4.00
Hot Roll – wholemeal or white roll with melted cheese, and choice of ham, chicken or tuna~	From \$5.00

<b>Daily Lunch Order Extras –</b>	
Bliss Balls^	\$0.50
Mini frozen fruit cup (two flavours)^	\$0.50
Frozen yoghurt pop (two flavours)*	\$1.00
Frozen Moo milk pop (two flavours)*	\$1.00
Pizza slice*	\$0.50
Frozen pineapple ring*	\$0.50
Frozen fruit cup^ (four flavours)	\$2.00
Juicy tube (four flavours)	\$2.00
Frozen watermelon tree	\$0.50
Yoplait Yoghurt tub^	\$1.00
Slinky apple^	\$1.50

Orange^	\$1.50
Plain Corn Thins^	\$0.20
Piranha Popcorn (Sea Salt) ^	\$1.50
Crispy fruits (dried fruit)^	\$1.50
Bread stick (plain or pizza flavoured)^	\$0.20
Rice cup~	\$1.50
Carrot sticks (6 pieces)~	\$1.00
Carrot sticks with hummus (6 pieces)~	\$1.50
Rice crackers with cheese (6 pieces) ~	\$2.00
Snack Pack – cheese slices, cucumber slices, carrot sticks, rice crackers and hummus~	\$4.00
Fruit salad cup~	\$2.00
Make your own sandwich, wrap or roll~	From \$4.50
Hot Roll – wholemeal or white roll with melted cheese and choice of ham, chicken or tuna~	From \$5.00
Moon Munch – wholemeal or white roll with melted cheese~	From \$4.00
KEY: * = available over the counter only ^ = available over the counter and on Flexischools ~ = available as a Flexischool order only	

Daily lunch options – lunch order only – must be ordered on Flexischools	
<b>MONDAY</b>	
Corn on the cob (50 grams)	\$1.00
Rice cup	\$1.50
Sushi mini box – avocado, cucumber, cooked tuna or mixed (three of each)	\$4.20
Sushi Roll – avocado, cooked tuna, cooked tuna and cucumber, teriyaki chicken, teriyaki chicken and avocado, teriyaki chicken and cucumber, chilli tofu or mixed vegetable	\$4.00
Spaghetti Bolognese	\$6.00
Lean beef burger with lettuce and sauce on a wholemeal or white roll	\$6.00

<b>TUESDAY</b>	
Corn on the cob (50 grams)	\$1.00
Rice cup	\$1.50
Sushi mini box – avocado, cucumber, cooked tuna or mixed (three of each)	\$4.20

Sushi Roll – avocado, cooked tuna, cooked tuna and cucumber, teriyaki chicken, teriyaki chicken and avocado, teriyaki chicken and cucumber, chilli tofu or mixed vegetable	\$4.00
Chicken breast nuggets – 3 pack	\$2.50
Chicken breast nuggets – 6 pack	\$5.00
Sauce – tomato or BBQ	\$0.30

<b>WEDNESDAY</b>	
Corn on the cob (50 grams)	\$1.00
Rice cup	\$1.50
Lasagne	\$6.00
Chicken schnitzel, lettuce and sauce on a wholemeal or white roll	\$5.00

<b>THURSDAY</b>	
Corn on the cob (50grams)	\$1.00
Rice cup	\$1.50
Sushi mini box – avocado, cucumber, cooked tuna or mixed (three of each)	\$4.20
Sushi Roll – avocado, cooked tuna, cooked tuna and cucumber, teriyaki chicken, teriyaki chicken and avocado, chicken teriyaki and cucumber, chilli tofu or mixed vegetable	\$4.00
Good Tucker bakery large beef pie (175 grams)	\$4.00
Good Tucker bakery small beef pie (110 grams)	\$3.00
Good Tucker sausage roll (125 grams)	\$4.00
Sauce – tomato or BBQ	\$0.30

<b>FRIDAY</b>	
Corn on the cob (50 grams)	\$1.00
Rice cup	\$1.50
Macaroni Cheese	\$6.00
Honey soy marinated chicken strips on a bed of rice	\$6.00

<b>Drinks –</b>	
Plain milk (300ml)	\$2.00
Flavoured milk – strawberry or chocolate (250ml)	\$2.50
Juice – apple and blackcurrant, apple or tropical (200ml)	\$2.00

## Ordering

Please note that some food items are only available through the ordering system and not over the counter.

To receive frozen items ordered, please return the Lunch Bag to the canteen.

To browse our online menu visit [www.flexischools.com.au](http://www.flexischools.com.au). Enter "**Allambie Heights Public School**" at the prompt "**What's on at your school?**"

Prior to ordering, you will need to set up an account with our provider, Flexischools. At [www.flexischools.com.au](http://www.flexischools.com.au) click on **Register** to begin setting up your account. You will be asked to enter your email address. Instructions to set up your account will then be emailed to you.

Registering enquiries and queries relating to Flexischools can be made on 1300 361 769.

Our Canteen follows the NSW Healthy School Canteen Strategy that uses 'Everyday' and 'Occasional' food categories. 'Occasional' foods must meet a Health Star Rating of 3.5 stars or above. For more information, please go to: <http://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy>

## Volunteering

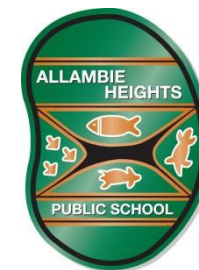
We love to see volunteers in the canteen, and so do your kids!

To volunteer, the school office must hold a copy of your valid WWCC.

Go to <http://www.signup.com/go/QpLPZO> to book your spot for term 1.

Our canteen remains open five days per week due to our paid P and C employees:

- Mandy Salmon –  
Monday, Wednesday, Thursday and Friday
- Anna Zandberg –  
Tuesday, Wednesday and Friday
- Katy Griffith –  
Monday, Tuesday and Thursday



# Snack Shack Menu

## Term 1 2024

### Monday – Friday

The Snack Shack is open five days of the week for recess and lunch.

Service times are as follows:

Recess 11.10am - 11.40am

Lunch 1.00pm - 1.50pm

**Canteen Manager:**

Mandy Salmon

Phone: 9451 5440