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How to get started:

Visit www.ouronlinecanteen.com.au

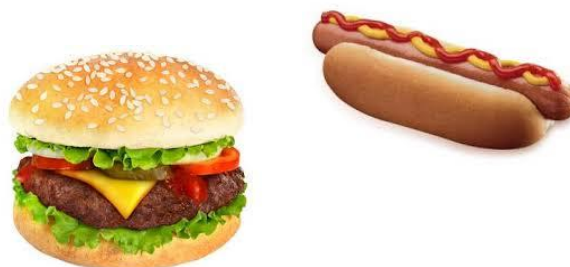
- Sign up by completing the registration form •
 - Receive a confirmation email with activation link
 - Activate your account and login to the website
 - Add your children and credit to your account •
- Order at your own convenience

What do I do if I need help? If you are experiencing any issues, you can call our experienced team on 1300 116 637 from 7.00am or email us at info@ouronlinecanteen.com.au

CANTEEN VOLUNTEERS

If any parent is willing to volunteer 3 hrs of their time, once a month, or you would be available as an emergency helper, please contact Beth Bignell on 0414 943 818

Students love to see their families helping in the canteen



SPECIAL DAYS

The canteen will hold various special days throughout each term. Further details will be provided on the school website:-

www.pleasantht-p.schools.nsw.edu.au

Re-usable Lunch Order bags can be purchased from the canteen for **\$10** each

'Frozen treats can be ordered with lunch orders, a token will be issued to be collected from the canteen after 11.30am'



Pleasant Heights Public School

CANTEEN MENU

2016

DAYS OPENED

Monday

Tuesday

Wednesday

Thursday

Friday

'Lunch break only'

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or leave Lunch Orders in the basket at the office by 9.15am

(after 9.15am orders need to be handed in at the Canteen)

HOT FOOD

Fantastic Noodle Cup (chicken)	2.00
Grilled Cheese Roll (half)	1.50
Macaroni Cheese	3.00
Lasagne	3.00
Pizza's Hawaiian, Cheese or BBQ Meat	3.50
Traveller Meat Pie	2.80
Sausage Roll	2.50
Hash Brown (each)	0.50
Chicken - (3) Tempura Batter Crackles	1.30
- (6) Tempura Batter Crackles	2.50
- (9) Tempura Batter Crackles	3.60
- (3) Crumbed Wedges	1.80
Crumbed Chicken Burger* with <i>Lettuce & Mayo (cheese 20c extra)</i>	3.00
Beef Burger with <i>carrot, lettuce, tomato, beetroot, sauce</i>	3.00
Corn on the cob	0.60
Cheese & Bacon Bun (<i>warm</i>)	1.30
Raisin Toast (<i>1 slice</i>)	0.40
Banana Bread (<i>toasted</i>)	2.00

FRESH FRUIT/VEG

Apple (<i>slinky</i>)	0.70
Orange (<i>cored & quartered</i>)	0.70
Salad Sticks (<i>celery, carrot &/or tomato</i>)	0.50

**Check out the Canteen - other fruits may
be available seasonally**

SALAD BOXES

SALAD (<i>Lettuce, tomato, pineapple, carrot, cucumber & cheese</i>)	3.20
add Ham or Chicken	4.00

SANDWICHES

Cheese	1.80
Chicken	2.60
Chicken & Cheese	2.90
Salad (<i>lettuce, tomato, carrot, cucumber & beetroot</i>)	2.80
Ham	2.50
Ham, Cheese & Tomato	3.10
Vegemite	1.10
Extras - toasted	0.20
- Ham or Chicken	0.80
- any other filling	0.30

TOASTED TURKISH BREAD

Tomato, carrot, cucumber & lettuce	3.30
Ham or Chicken with cheese	3.50
Ham or Chicken with cheese & tomato	3.80
Extras - Ham & Chicken	0.80
- Mayo (low fat)	0.20
- Sauce	0.30
- any other filling	0.30

DRINKS

Bottled Water	1.00
Juices (Apple, Orange or Apple Blackcurrant)	1.20
'Moolish' flavoured Milk (Choc or Strawberry)	1.20
Quench Carbonated Water (Various flavours)	1.50
Cup O Milo (warm)	1.00

FROZEN TREATS

(now available in lunch orders)

Frozen Juice Cups	0.60
Frozen Yoghurt	1.70
Moosies (Choc, Blue Moon or Strawberry)	1.00
Fandangles	
(Choc Shmallow, Fairy Floss or Bubble Gum)	1.60
Quench Frozen Juice Sticks - <i>full</i>	0.40
- <i>half</i>	0.20

SNACK FOOD

Jumpy's	1.00
Grain Waves (Sour Cream & Chives)	1.00
Milo Starz	0.50
Nice & Lite Rice Crackers	0.30
Piranha Vege Crackers (Italian Supreme)	1.00
Red Rock Deli Chips (Honey Soy Chicken or Plain)	1.00
Popcorn	0.20
Rice Cakes (various flavours)	0.20
Jelly Cups	0.40
Custard	0.80
Finger Bun	1.40