**The NSW Healthy School Canteen Strategy**

The NSW Healthy School Strategy aims to support student

Health by providing access to healthy foods and drinks

to make Healthy choice, the easy choice.

The Strategy addresses school canteens across NSW to support

Health Growth and Development of children,

The Strategy is just one of a host of Healthy Children initiative

Programs and strategies which form part of the

NSW Government commitment to reducing

Childhood overweight and obesity,

All schools in NSW are supported by the NSW Healthy

School Canteen Strategy

All NSW public schools are required to transition to the

Strategy by the end of 2019,

Our new Menu Has Everyday Healthy Choices (Black print)

And Occasional Choices (Red print)

Gillwinga Public School would encourage that Students, Parents and Caregivers to pick

from the EVERYDAY Choices on this menu.

Menu and Cost subject to change without notice.

**GILLWINGA PUBLIC SCHOOL**

CANTEEN MENU – 2021

OPEN MONDAYS AND FRIDAYS 8.45am – 2.00pm

1. Recess and Lunch must be preordered and written on separate paper bags.
2. There is a Charge to use the Canteen White paper lunch bags $0.10 per Bag.
3. Sorry Canteen orders will not be take over the phone.
4. Canteen Lunch/Recess orders must be handed in before 11:00am.
5. Quelch, Ice Mony, Moosies, Chill J’s cannot be bought/Ordered at Recess.
6. Due to time restrictions Cold and Hot Lunches cannot be ordered for Recess (Thank you for your understanding).

Example Lunch Order bag



Susie Smith  
 1/2 W

Lunch  
1 x Spaghetti Bolognese $3.80  
 1 x Straw Milk $1.50

Canteen lunch bag $0.10

Total $5.40

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| **GILLWINGA CANTEEN MENU – 2021**  **MONDAYS and FRIDAYS** | |  | **GILLWINGA CANTEEN MENU – 2021**  **MONDAYS and FRIDAYS** | |
| **COLD LUNCH**  **Sandwich/ Bun** | | **HOT LUNCH** | |
| **Ham** | **$2.10** | **Cheese Rolls (Max 6 per order)е T** | **$0.60ea** |
| **Cheese** | **$2.10** | **Cheese Sandwich T** | **$2.30** |
| **Vegemite** | **$2.00** | **Ham Sandwich T** | **$2.30** |
| **Jam** | **$2.00** | **Ham & Cheese Sandwich T** | **$2.50** |
| **Ham & Cheese** | **$2.30** | **Ham &Cheese & Tomato Sandwich T** | **$2.70** |
| **Ham & Salad\*#** | **$3.00** | **Ham Wrap T** | **$2.50** |
| **Breast Chicken & Cheese#** | **$3.60** | **Ham & Cheese Wrap T** | **$2.70** |
| **Breast Chicken & Salad\*#** | **$3.60** | **Breast Chicken & Cheese Sandwich# T** | **$3.60** |
| **Salad\*#** | **$2.50** | **Breast Chicken & Cheese Wrap# T** | **$3.80** |
| **Egg/Curried Egg е** | **$2.10** | **English Muffin with Baked Beans and Cheese Melt** | **$3.00** |
| **Extras… Swap to Wrap** | **$0.20** | **Spaghetti Bolognese** | **$3.80** |
| **SNACKS** |  | **Chicken Finger ( Max 8 per order)** | **$0.50ea** |  |
| **Hardboiled Egg е** | **$0.60** | **Chicken Finger Burger/Wrap with salad\*#** | **$4.50** |
| **Fresh Fruit of the Day GF** | **$0.60** | **Sausage Roll**  **Traveler Pie** | **$2.80**  **$2.80** |
|  |  |
| **Travelers Pie** | **$2.80** |
| **Plain Custard Full cup е** | **$1.40** |
| **Plain Custard ½ cup е** | **$0.70** |  |  |
| **Lite Jelly ½ cup** | **$0.50** |  |  |
| **Lite Jelly & Custard е** | **$1.20** | **DRINKS** |  |
| **Plain Pikelet with Butter (Max 10 per order)е** | **$0.10** | **99% Fruit Juice Popper GF 3 Flavors** | **$1.50ea** |
| **Plain Pikelet with Butter and Jam (Max 10 per order)е** | **$0.20** | **Bottle Water GF** | **$1.00** |
| **PK Chips Grain Waves** | **$1.00** | **Flavored Milk Choc GF / Strawberry GF** | **$1.50ea** |
| **PK Mamee Monster Noodles (Chicken Flavor)** | **$0.80** | **99% Fizzy Juice (Chill J) Rasp/Coola/Grape NOT SOLD AT RECESS** | **$2.00** |
| **PK Sultana Minis GF** | **$0.60** | **Optional Extras** |  |
| **Raisin Toast** | **$0.60** | **Canteen White Lunch Bags** | **$0.10** |
| **FROZEN SNACKS** |  | **Sauce Tom/BBQ** | **$0.30** |
| **Quelch 99% Fruit Juice 4 Flavors GF** | **$0.60** | **Extra Tomato/Cheese/Lettuce** | **$0.20** |
| **Ice Mony Choc / TNT Sour Raspberry/Berry blast** | **$1.00ea** |  |  |
| **Paddlepop Rainbow/ Choc** | **$1.30ea** | **#**Comes with Choice of Sauces Mayo/Sweet Chilli/Tom/BBQ **\***Lettuce/Tomato/Carrot  **е** Contains Egg  **GF** Gluten Free **T Toasted** | |
| **Frozen Pineapple GF** | **$0.50** |
| **2 Frozen Orange Wedges GF** | **$0.20** |
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