

OPS Canteen MENU



Open Tuesday - Friday
Counter service during lunch play & Afternoon recess

Hot Food

Pizza Scroll ☺ \$3
Made onsite, ham, cheese with a pizza sauce served warm

Mac and Cheese ☺ \$4.50

Spaghetti Bolognese ☺ \$4.50 (DF)
Classic bolognese made with free range beef, loaded with vegetables served on penne pasta

Gluten Free Penne Bolognese ☺ \$4 (GF, DF)
Classic bolognese made with free range beef, loaded with vegetables served on Gluten Free penne pasta

Wraps

Ham, Cheese & Salad ☺ \$4
Ham, Cheese, lettuce, carrot

Chicken & Salad ☺ \$4
Chicken, Lettuce, carrot and Mayo.
(No Mayo option available)

Hot Chicken Wrap ☺ \$4
Flamed Grilled chicken breast, Lettuce, and Mayo.

Burgers

Chicken Burger ☺ \$4
Grilled Chicken served on a fresh roll with Lettuce and Mayo

Cheese Burger ☺ \$4
Beef patty, cheese and tomato sauce

Salads

Freshly made Garden Salad ☺ \$4
Choice of Chicken, Tuna, Ham or plain served with lettuce, cucumber, tomato and cheese. Salad may alter due to seasonal veggies.

Volunteers welcome!

Call in to see Donnie to offer assistance
or contact us via facebook search @OPScanteen

If your child has special dietary needs, please get in touch.

Online ordering

Download the flexischool app or visit www.flexischool.com.

Sandwiches

Toasting available at no charge

☺ all sandwiches are healthy options

Vegemite / Jam	\$2.50
Cheese	\$2.30
Cheese & Tomato	\$2.50
Ham	\$2.80
Ham & Cheese	\$3
Ham, Cheese & Tomato	\$3.50
Ham, Cheese & pineapple	\$3.50
Chicken	\$3.50
Chicken & Cheese	\$4
Ham, Cheese & Salad	\$4
Ham, Cheese, lettuce, carrot	
Chicken & Salad	\$4
Chicken, Lettuce, carrot and Mayo.	

Snacks available with orders and over the counter

Carrot Sticks (6) ☺	20c (GF, DF)
Veggie Sticks (6) ☺	20c (GF, DF)
Crackers (4)	20c (GF)
Popcorn ☺	50c (GF, DF)
Air popped at the canteen	
Cheese & Crackers ☺	50c (GF)
4 rice crackers with 4 cheese squares	
Mini fruit cup ☺	50c (GF, DF)
Veggie sticks & dip ☺	80c (GF, DF)
Seasonal veggie sticks and hummus	
Carrot sticks & dip ☺	80c (GF, DF)
Carrot sticks and hummus	
Rice crackers & dip ☺	80c (GF, DF)
Seasonal veggie sticks and hummus	
Quelch iceblock ☺	80c (GF, DF)
99%fruit juice	
Jelly Cup ☺	\$1 (GF, DF)
Made with 99% fruit juice	
Custard Cup ☺	\$1 (GF)
Jelly & Custard Cup ☺	\$1 (GF)
Made with 99% fruit juice	
Frozen Yoghurt Tub	\$3.50
Twisted frozen yoghurt tub	

Cold Drinks available with orders and over the counter

Bottled Water ☺	\$1 (GF, DF)
Just Juice ☺	\$1.60 (GF, DF)
99% fruit juice, Apple or Tropical Punch	
Plain Milk (300ml) ☺	\$1.60 (GF)
Big M Flavored Milk ☺	\$2.60 (GF)
Strawberry or Chocolate (300ml)	