

## 2019 TERM 1 MENU

### HOT FOOD

|   |        |           |
|---|--------|-----------|
| 😊 Pizza Scroll <i>Ham &amp; Cheese</i>                  | \$3    | Home made |
| 😊 Hawaiian Scroll<br><i>Ham, Cheese &amp; pineapple</i> | \$3    | Home made |
| 😊 Spaghetti Bolognese<br><i>add cheese for free</i>     | \$4.20 | Home made |
| 😊 GF Penne Bolognese (GF)<br><i>add cheese for free</i> | \$4.20 | Home made |
| 😊 Macaroni Cheese                                       | \$4.20 |           |
| 😊 Corn on the Cob (GF)                                  | \$1    | Home made |
| 😊 Chickalicious Bombs (5)                               | \$3.50 | Home made |
| Traveller Pie   | \$4    |           |
| Regular Chicken Tender                                  | \$2    |           |

**Individual Serve Sauce/Dressing 30c**  
Tomato Sauce, BBQ sauce, Mayo

### SALADS

|  |     |
|--|-----|
| 😊 Garden Salad (GF) Home made  | \$5 |
| with choice of:<br>Chicken, Ham, Tuna or Plain<br><i>Lettuce, cucumber, carrot, tomato &amp; Grated Cheese</i> |     |

|  |         |           |
|--|---------|-----------|
| 😊 Beetroot Salad (GF) Home made  | Reg \$5 | Large \$8 |
| Roasted beetroot served<br>with seasonal OPS Garden greens, feta,<br>pepitas and balsamic & honey dressing |         |           |

### WRAPS Wholegrain Home made

|                                       |     |
|---------------------------------------|-----|
| 😊 Ham, cheese, lettuce & carrot       | \$4 |
| 😊 Chicken, mayo, lettuce & carrot     | \$4 |
| 😊 Hot Chicken Wrap                    | \$5 |
| 4 chickalicious bombs, lettuce & mayo |     |

### SANDWICHES Home made

**made on wholemeal bread**  
**toasting available at no extra cost**

|                           |        |
|---------------------------|--------|
| 😊 Jam or Vegemite         | \$2    |
| 😊 Cheese                  | \$2.30 |
| 😊 Cheese & Tomato         | \$2.50 |
| 😊 Ham & Cheese            | \$3    |
| 😊 Ham, Cheese & Tomato    | \$3.50 |
| 😊 Ham, Cheese & Pineapple | \$3.50 |
| 😊 Shredded Chicken & Mayo | \$3.50 |
| 😊 Chicken & Cheese        | \$3.50 |
| 😊 Ham, Cheese and Salad   | \$4    |
| 😊 Chicken, Salad & mayo   | \$4    |

### Over Counter Sales

Lunch Play 11.10 - 11.30am,  
Afternoon Recess 1.50 - 2.10pm

Students can purchase over the counter food at recess breaks, all snacks and some drinks are available plus freshly made specials when available

### SNACKS

|                                      |        |           |
|--------------------------------------|--------|-----------|
| 😊 Carrot Sticks (GF)                 | 20c    | Home made |
| 😊 Veggie Sticks (GF)                 | 20c    | Home made |
| 😊 Rice crackers x4 (GF)              | 20c    | Home made |
| 😊 Creamy Dip (GF)                    | 40c    | Home made |
| 😊 Veggie sticks with Creamy Dip (GF) | 50c    | Home made |
| 😊 Cheese & Rice Crackers (GF)        | 50c    | Home made |
| 😊 Rice Crackers with Dip (GF)        | 50c    | Home made |
| 😊 Mini Seasonal Fruit Cup (GF)       | 50c    | Home made |
| 😊 Jelly Cup (GF)                     | \$1    | Home made |
| 😊 Custard Cup (200ml) (GF)           | \$1.60 | Home made |
| 😊 Jelly & Custard Cup (GF)           | \$1.60 | Home made |
| Cobs Sea Salt Popcorn (GF)           | \$1    |           |

### FROZEN SNACKS

|  |        |
|--|--------|
| 😊 Quelch 99% fruit juice Ice Blocks (GF) | 80c    |
| Frozen Yoghurt Tub (GF)                  | \$3.50 |

### DRINKS

|  |                  |
|--|------------------|
| 😊 Bottled Water  | \$1              |
| 😊 Just Juice Popper  | \$1.60           |
| (200ml Apple or Tropical)                                  |                  |
| 😊 Flavoured Milk Popper                                    | \$2.50           |
| (250ml Chocolate or Strawberry)                            |                  |
| 😊 Milkshake*   | \$2.50 Home made |
| 200ml Chocolate, Caramel, Strawberry, Vanilla, Unflavoured |                  |
| Not available over counter                                 |                  |

😊 Healthy Choice

(GF) Gluten Free

Home made Made at OPS Canteen

\* Not Available Fridays

Contact the Canteen 6361 7553 or search @OPScanteen on Facebook

Volunteering opportunities available

Remember to put Childs Name and Class on a Brown Paper Lunch bag if Ordering at Canteen

ONLINE ordering available via [www.Flexischools.com.au](http://www.Flexischools.com.au)