#healthier choices
Senior School
Canteen Menu 2017

Top 5 Reasons to Purchase from the Canteen!

1. Value for money
2. Great variety of healthy options
3. Time saver
4. Fuel for the day
5. No need to have cash to purchase

Money Saving Tip $$$

If you direct deposit to your Flexischools account you won’t be charged additional fees like you would if you used your credit card!

### Monday
- Sweet chilli baked chicken tender wrap $4.80
- Grilled fresh chicken tenderloin roll $4.50
- Beef burrito with corn chips $4.80

### Tuesday
- Beef pasta bake $4.00
- Toasted Turkish rolls $4.50

### Wednesday
- Chicken Caesar tostadas $4.00
- Sweet chilli baked chicken tender wrap $4.80
- Pizza of the day $3.50
- Sushi $2.50 per roll Tuna, Tuna & Avocado, Teriyaki Chicken and Veggo

### Thursday
- Healthy tandoori chicken, brown rice, roasted pumpkin combo $4.80
- Baked potato with toppings $4.50
- Toasted filled sub roll $4.50
- Thai chicken rice paper rolls $2.50 per roll

### Friday
- Focaccia of the day $4.50
- Healthy chicken teriyaki and vegetable hokkien noodle stir fry $4.80
- Fresh grilled chicken breast fillet roll with full salad or lettuce cheese and mayo $4.80
- Sweet chilli baked chicken tender wrap $4.80

# Healthy
This is an awesome choice! Very healthy!

# Healthyish
This is a great choice! Still on the healthy side!

# Treat
This is a occasional choice!
Don’t forget to only eat these foods as a treat!
AVAILABLE EVERY DAY

SOMETHING FRESH!

# Large Meat and Salad Wraps $5.00
# Tubs of Salad from $3.00
# Mini Wraps from $2.50

Sandwiches # Wholemeal or # White from $3.00

Toasted Sandwich # Wholemeal or # White (made to order) from $3.00

# Fruit Salad tub $3.50

SOMETHING SWEET!

# Frozen yoghurt tubs (salted caramel, berry, soy chocolate) 98% fat free $3.50 only in warmer months

# Choc Mousse 200ml (reduced fat milk) $2.00 (GF)

# Home made Yo-Yo $2.50

# Life Saver $2.10

# Icy Pole Lemonade $1.20

# Zooper Dooper $0.60

# Homemade Choc Chip Muffin $2.50

SOMETHING HOT!

# Beef Pie $3.50

# Sausage Roll Small $2.80 Large $3.50

# Hot Dog $3.20

SNACKS

# Corn Chip Bag $0.80

# Healthy Snack Box (dip, carrot, celery sticks, dry biscuits, crisps) $3.00

# Piece of fruit $1.00

# Popcorn 20gm $0.60

# Watermelon Tub $3.00

# Carrot Stick Tub $0.50

# Bircher Muesli Yoghurt cup (Berry or Mango Passionfruit) $2.50

# Watermelon Tub $3.00

# Carrot Stick Tub $0.50

# Salt and Vinegar Chips 28gm $1.20

# Honey Soy Chicken Chips 28gm $1.30

DRINKS

# Sparkling OH Spring Water $3.80 Large $2.60 Small

# Deep Spring $3.40

# Slushie $2.50

# Water $2.00

# Large Pump water $2.50

IF HASHTAGS DON’T MEAN A THING TO YOU HOW ABOUT SAVING TIME!

How much is saving time worth to you? If you had $5 to spend what would you spend it on?

- $1 More Sleep
- $1 More time in the shower
- $1 Time to actually get ready
- $1 Spend time with the kids before school
- $1 Make sure the kids have done their homework
- $1 Not to have to go to the supermarket... again!
- $1 Not have to think of lunch ideas
- $1 Not to go to the ATM to use the canteen
- $1 No stress when you forget about making lunch
- $1 Just more time in general

Your child can purchase their lunch at the canteen for $5! Not only is it delicious and nutritious it is also saving YOU time!

CASHLESS CANTEEN AT SCOTS!

For students in the Senior School, parents can set up the Cashless Canteen so that your children can pay for lunch at the school Canteen using their student card. The students’ existing School Student ID card can be linked to your Flexischools account, to create a “cashless” card allowing students to purchase securely on the school grounds without the need for cash.

How does it work?

- Parents set up a Flexischools account online and pre-load the account with funds which can be attached to one or more Student ID cards.
- Students make purchases at the canteen by Scanning their 2017 student ID card at the cash register.
- Parents can view their child’s purchases online and can set a daily spending limit.

For full instructions please visit www.scotsalbury.nsw.edu.au/canteen