Recess

- Snack items cannot be ordered, but rather the children can purchase at the counter
- No ice-blocks at recess
- Items on the menu are not always available, options change daily

Red Rock Deli Chips........................................$1.10
Vege Chips..................................................$1.10
Popcorn – Freshly Popped.............................from 50c
Fresh Fruit.................................................20-50c
Garlic Bread...............................................80c
Cakes (Varies Daily).................................40c-$1.00
Pizza Melts..............................................from $1.50
Pikelets, plain.............................................40c
Chicken Wings..........................................$1.00

Extras
Brown bag for lunch order.........................10c
Spoons- extra..............................................5c

The Uki P&C are committed to providing our students with a healthy, nutritious recess and lunch, in accordance with the NSW Healthy Foods Strategy.

The Fresh Tastes Menu is categorised into three groups, RED, AMBER & GREEN, according to salt, fat, sugar and fibre content. Green foods provide the best nutritional content.

The P&C can host two RED food days a term. These are great fundraisers and provide yummy home baked sweet treats and less nutritional foods.

The canteen will also have Sushi available once a month which will be advertised in the newsletter.

Our canteen in run entirely by volunteers and requires many hands to make this great service function. New volunteers are always welcome.

The children always enjoy seeing you helping out in our school.

Thank you for supporting our canteen. All monies raised will go back into our school to purchase resources, technology and books for every student to enjoy.
Sandwiches, Wraps and Rolls

- Wholemeal bread, white rolls and wraps.
- Please specify if you would prefer no margarine

Chicken ...................................... $2.80
Ham .......................................... $2.80
Egg & lettuce ................................ $2.50
Cheese & Tomato .......................... $2.50
Salad & Cheese ............................. $3.50
(lettuce, tomato, cucumber and carrot)
Salad & ham or chicken ................. $3.50
Ham & Cheese .............................. $3.20
Vegemite & Cheese ...................... $2.00

Extras:
- Toasting .................................. 30c
- Beetroot .................................. 20c
- Avocado ................................. 40c
- Cheese ................................. 40c
- Tomato sauce or mayo ............... 20c

Salads

Student Salad Bowl ........................ $3.00
Lettuce, tomato, cucumber, carrot, capsicum, beetroot
add ham, chicken, egg, avocado or cheese ........ $3.50

Teachers Salad Plate .................... $5.00
Lettuce, tomato, cucumber, carrot, capsicum & beetroot
add ham, chicken, egg, avocado or cheese ........ $5.50

Drinks

Bottled Water ............................. $1.00
Assorted Poppers ........................ $1.30
Plain Milk .................................. $1.10
Banana/Chocolate/Strawberry Milk ....... $1.30

Frozen Treats

- Only sold after 2nd bell at lunchtime
- No frozen treats sold after 1.30pm

Ice Cup ................................. 50c
Fruit Tube (Quelch) ...................... 60c full
30c half
Smooze .................................. 90c
Frozen Yoghurt .......................... $1.70
Mango or Strawberry
Island Way Sorbet ...................... $2.00

Hot Food

Garlic Bread ............................. 80c
Chicken Wings .......................... $1.00
Baked Potatoes .......................... from $1.00
Party Pies ................................ $1.00
Meat Pie – Cruiser ....................... $2.70
Sausage Roll# ........................... $2.00
Spinach & Cheese Roll# .............. $3.00
Lite Apple Pie ........................... $2.00
Pizza ...................................... $2.70
(Ham & Pineapple or Margarita)
Lasagne# ................................. $3.00
(Beef or Vegetarian)
Spinach and Ricotta Cannelloni# .... $3.00
Nachos# ................................ $4.00
Egg Muffin ............................... $3.00
(with Cheese or Bacon)
Hot Dog ................................... $2.00
(Plain or Vegetarian)
with Sauce ................................ $2.20
with Sauce & Cheese .................... $2.50

# Homemade when available