

# The SNACK SHACK

## HOT FOOD - Lunch only

<b>Penne Napolitano</b> (HM V H)	<b>\$4.50</b>
<b>Spaghetti Bolognese</b> (HM H)	<b>\$5.00</b>
<b>Lasagne</b> (H)	<b>\$5.00</b>
<b>Mac &amp; Cheese</b> (HM V H)	<b>\$5.00</b>
<b>Corn on the Cob</b> (V H)	<b>\$1.50</b>
<b>Chicken Tender</b> (H OF)	<b>\$1.80</b>
<b>Chicken Tender Lunch</b> (H OF)	<b>\$5.00</b>
2 tenders, vegie sticks + dip	
<b>Chicken Burger</b> (H)	<b>\$5.00</b>
Chicken Pattie w/ lettuce + mayo	
<b>Sauce</b>	<b>\$0.50</b>
Tomato, BBQ, Sweet Chilli,	
Mustard, Mayonnaise	

## SALADS

<b>Mini Munch</b> (GF V H)	<b>\$5.00</b>
Lettuce, Tomato, Carrot, Cucumber,	
Beetroot, Cheese	
<b>Classic Chicken</b> (GF H)	<b>\$6.00</b>
Mini Munch + BBQ Chicken	
<b>Heavenly Ham</b> (GF)	<b>\$6.00</b>
Mini Munch + Sliced Ham	
<b>Rainbow Tuna</b> (GF H)	<b>\$6.50</b>
Mini Munch + Tuna & Egg	
<b>Add Ons:</b>	
Salad Dressing, Mayonnaise (V H)	<b>\$0.50</b>
Pineapple (GF V H)	<b>\$0.60</b>
Egg (GF V H)	<b>\$1.00</b>
Avocado (GF V H)	<b>\$1.50</b>

## BUILD YOUR OWN SANDWICH

<b>Breads</b>	
Bread, Wraps, Rolls (V H)	<b>\$1.00</b>
Gluten Free bread (GF V H)	<b>\$1.50</b>
Toasted	<b>\$1.00</b>
<b>Filling Options:</b>	
Lettuce, Carrot (GF V H)	<b>\$0.40</b>
Tomato, Cucumber, Beetroot, Cheese,	<b>\$0.60</b>
Pineapple (GF V H)	
Egg, Avocado (GF V H)	<b>\$1.00</b>
Baked Beans (V H), Spaghetti (V H), Ham	<b>\$1.30</b>
Chicken Tender (H OF)	<b>\$1.80</b>
BBQ Chicken (GF), Tuna (GF)	<b>\$1.80</b>
Spreads: Honey, Jam, Vegemite (OF)	<b>\$0.50</b>
Sauces: Tomato, BBQ, Sweet Chilli,	<b>\$0.50</b>
Mustard, Mayonnaise	

## HOT FOOD - Lunch + Recess

<b>Garlic Bread</b> (V H)	<b>\$1.30</b>
<b>Cheesy Garlic Bread</b> (V H)	<b>\$2.20</b>
<b>½ Grilled Cheese Roll</b> (V H)	<b>\$2.00</b>
<b>½ Grilled Ham &amp; Cheese Roll</b>	<b>\$3.00</b>

## FROZEN TREATS

<b>Frozen Orange Segment</b> (GF V H)	<b>\$0.10</b>
<b>Milk Pop</b> (GF V H)	<b>\$0.20</b>
<b>Quelch Fruit Tubes</b> (GF V H)	
- Half	<b>\$0.30</b>
- Whole	<b>\$0.60</b>
<b>Nudie Juice Ice Blocks</b> (GF V H)	<b>\$0.60</b>
<b>Frozen Fruit</b> (GF V H)	<b>\$0.60</b>
<b>Snap Stix</b> (GF V H)	<b>\$0.80</b>
<b>Juicie</b> (GF V H)	<b>\$1.00</b>
<b>Frozen Custard Cup</b> (HM H OF)	<b>\$1.00</b>
<b>Moosie</b> (GF V H)	<b>\$1.50</b>
<b>Frozen Rainbow Cup</b> (GF V H)	<b>\$1.50</b>
<b>Twisted Minis Frozen Yoghurt</b>	<b>\$2.00</b>
(GF V H OF)	
<b>Slushie</b> (GF V H)	<b>\$2.00</b>

## SNACKS

<b>Bread Stick</b> (V H OF)	<b>\$0.20</b>
<b>Bliss Balls</b> (HM V)	<b>\$1.00</b>
<b>Cake Pops</b> (HM V)	<b>\$1.00</b>
<b>Cookies</b> (HM OF)	<b>\$1.00</b>
<b>Custard Cup</b> (HM H OF)	<b>\$1.00</b>
Vanilla, Chocolate	
<b>Baked Treats</b> (HM OF)	<b>\$1.20</b>
Muffins	
<b>Cheese &amp; Crackers</b> (V H)	<b>\$1.30</b>
<b>Hot Popcorn</b> (GF V)	<b>\$1.50</b>
<b>Cheese Stick</b> (V H)	<b>\$1.50</b>
<b>Veggies &amp; Dip</b> (V H GF)	<b>\$2.00</b>
Carrot & Cucumber Sticks w/ Tzatziki	
<b>Banana Bread</b> (V H)	<b>\$2.00</b>
<b>Chips</b> (V H)	<b>\$2.00</b>
Red Rock Deli, Grain-waves	

<b>Key:</b>	<b>Lunch Bags:</b>
HM – Home Made	Available for 20c
H – Halal	Separate bag for:
V – Vegetarian	- recess and lunch
GF – Gluten Free	- siblings
OF – Occasional Food	

## CRUNCH + SIP

*Fresh fruit & Frozen Rainbow Cups available over the counter at break times. Rainbow Cups & Veggie Cups are available for lunch + recess by order only.*

<b>Rainbow Cup</b> (GF V H)	
Mixed fresh fruit pieces	
- Medium	<b>\$1.50</b>
- Large	<b>\$2.50</b>
<b>Mixed Veggie Cup</b> (GF V H)	
Carrot & Cucumber Sticks	
- Medium	<b>\$1.50</b>
- Large	<b>\$2.50</b>
<b>Whole fresh fruit</b> (GF V H)	<b>\$1.00</b>

## DRINKS

<b>Water / Mineral Water</b> (GF V H)	<b>\$2.00</b>
<b>Glee Sparkling Water</b> (GF V H)	<b>\$2.30</b>
Raspberry, Bubble-gum, Tropical, Sour	
Watermelon, Blue Lemon	
<b>Poppers</b> (GF V H)	<b>\$1.80</b>
Apple, Apple & Blackcurrant	
<b>Milk</b> (GF V H)	<b>\$2.50</b>
Plain, Chocolate, Strawberry	
<b>Hot Chocolate</b>	<b>\$1.80</b>

## DAILY ADDITIONAL LUNCH OPTIONS

### MONDAY



#### Taco Boats

Beef & cheese tortilla boats w/veg (HM, H)

**\$4 each or  
2 for \$7.50**



#### Sushi

Mini Sushi + Handrolls

**\$5**

### TUESDAY



#### Mini Pizzas

Tomato base and topped with cheese (HM)

**\$3.50 Cheese (H, V)  
\$4 Hawaiian  
\$5 Pepperoni**

### WEDNESDAY



#### Mr B Big Mac

Beef pattie, lettuce, cheese, burger sauce (HM, H)

**\$5.50 each or  
\$7 Slushie Combo**

### THURSDAY



#### Sushi

Mini Sushi + Handrolls

**\$5**

### FRIDAY



#### Sausage on a roll

(H, OF)

**\$3.50**

**Mini Sushi:** Cucumber, Avocado, Cooked Tuna, Egg, Teriyaki Chicken

**Handrolls:** Teriyaki Chicken w/ cucumber, Chicken Schnitzel w/ avocado or cucumber, Tuna w/ avocado or cucumber, Vegetarian, California Roll

# The SNACK SHACK

## CANTEEN MANAGEMENT

Miss Larah, our Canteen Manager, oversees the day-to-day operations of the canteen, including organizing rosters, ordering food, cash handling, and maintaining hygiene standards. She is supported by Miss Vicki and Miss Jo, our dedicated canteen staff. They are supported by the Canteen Committee, which makes decisions on the menu, treat days, and other organisational matters, reporting to the P&C each month.

## VOLUNTEERING

Are you interested in volunteering at the school canteen? Whether you can spare just 15 minutes to slice fruit or make sandwiches, or commit to a regular day each week, we'd love your help! Your kids will appreciate seeing you during recess and lunch, and it's a fantastic opportunity to connect with other parents and teachers. Volunteers play a crucial role in keeping the canteen running smoothly and supporting this valuable service for all families.

For more information, contact our Canteen Manager, Miss Larah on 0409 106 573, via email at [pananiapscanteen@gmail.com](mailto:pananiapscanteen@gmail.com), or join our volunteer WhatsApp group using the QR code below.



## CANTEEN MENU

Our menu has been developed in line with the NSW Healthy School Canteen Strategy. Menu items, including specials, are predominantly Everyday Healthy Choices. Items have been labelled as 'OF' if they are an Occasional Food item.

## SCHOOL HATS

Finding it hard to get to MUE for a replacement school hat? Hats are available to order via Munch Monitor in the 'lunch' section and will be delivered to your child's class as a lunch order.

## PLACING AN ORDER

### Online:

Online orders are placed via the Munch Monitor website [www.munchmonitor.com](http://www.munchmonitor.com). Detailed instructions can be found on the school website in the canteen section of the 'school notes' tab.

### In person:

Orders should be clearly written on a paper bag stating:

- Child's name
- Child's class
- Order details
- Total cost of order

A separate bag is required for lunch and recess orders and siblings. If you do not have a paper bag, please include an extra 20c.

Drop orders at the canteen, over the counter or in the black drop box, in the morning before the bell.

## BIRTHDAY BUCKETS

Looking for an easy but special way to celebrate your child's birthday at school?

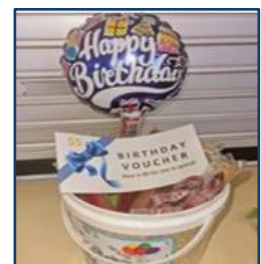
Birthday Buckets are filled with treats for the entire class to enjoy. They also include a balloon and a \$5 canteen voucher for the birthday star.

Birthday Bucket pricing:

Popcorn - \$20

Quelch Ice Blocks - \$25

Snapstix Ice Blocks - \$30



Order a birthday bucket directly with Miss Larah on 0409 106 573 or via email at [pananiapscanteen@gmail.com](mailto:pananiapscanteen@gmail.com).

Please note 48 hours notice is required to ensure items are available and can be adequately prepared.

## OPERATING HOURS

The canteen operates 5 days per week, 8.30am to 2pm.

During recess and lunch, students can purchase items over the counter for cash. Crunch and sip menu items are available over the counter from 8.45am – 9.10am.