



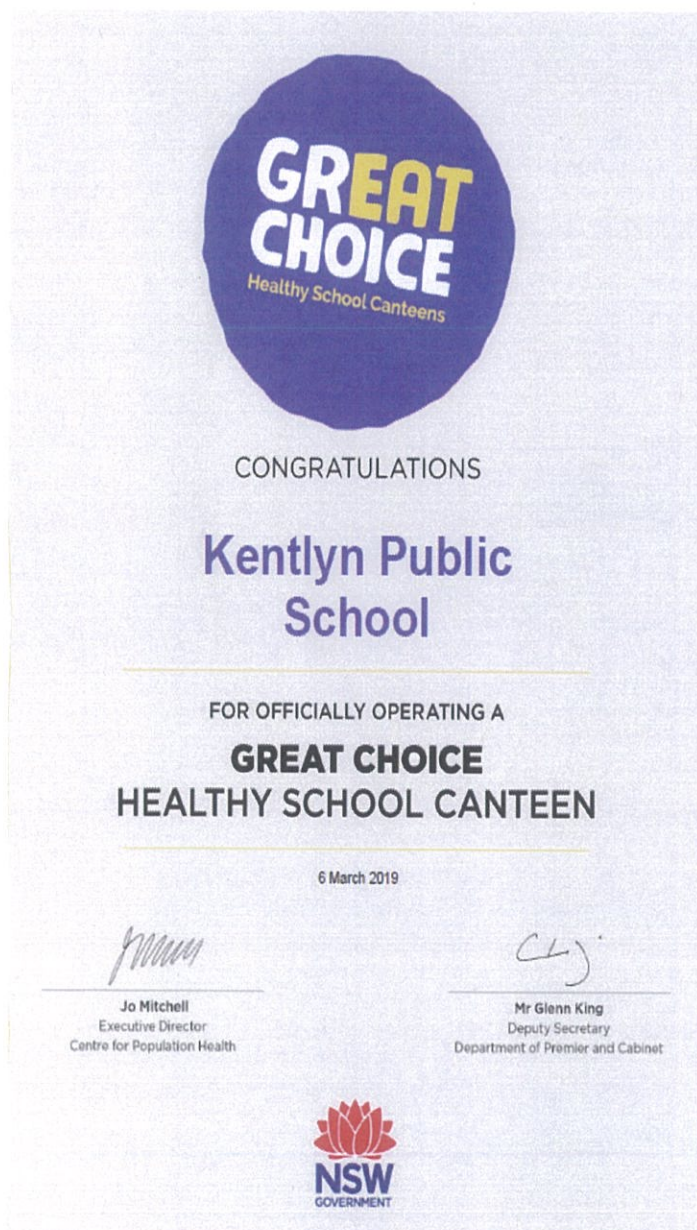
# Kentlyn Public School

Georges River Road, Kentlyn, 2560  
PO Box 5222 Minto, 2566  
Phone: 4628 2455 - Fax: 4628 4365  
www.kentlyn-p.schools.nsw.edu.au

Friday 8 March 2019

Dear Parents/Carers,

## Healthy School Canteen and updated menu



I am very pleased to announce that our school canteen now meets the “Healthy School Canteen” tick of approval. It is my understanding that all school canteens need to be approved by the NSW Healthy School Canteens Association and have this tick of approval if they want to be in operating by the end of Term 3 2019. We are there. 😊

This was no easy task. **I would like to officially thank Mrs Renee Hayter and Kylie Jones, our canteen co-ordinators, for their stellar effort in getting this approved.** I would also like to acknowledge and thank our fantastic P&C committee for their support with this.

Our new canteen menu is attached for your perusal.

### NEXT P&C MEETING:

Monday 18 March 2019 at 6:00pm All parents are welcome to attend.

Regards

  
Androula Kavallaris  
Principal

# Kentlyn Public School Canteen Menu 2019

Now Open: Wednesday,  
Thursday & Fridays



## Cool & Delicious

Sandwiches (choice of wholemeal, light rye, white or multigrain bread) all made with margarine unless stated otherwise.

- Cheese, vegemite or strawberry jam **H**
- Egg & lettuce **H**
- Tuna
- Ham & cheese

Wraps (made with egg mayonnaise)

- Salad & cheese (lettuce, tomato, cucumber, carrot, beetroot & tasty cheese) **H**
- Add chicken, tuna or ham

Salad bowl

- lettuce, tomato, cucumber, carrot beetroot, cheese, choice of dressing **H** (French, mayo, sweet chilli)
- **Add chicken, tuna or ham**

Summer special

Fruit salad (cut seasonal fruit eg.

melon, pineapple, grapes, berries) **H**

## Tummy Warmers

Toasted Sandwiches (choice of wholemeal, light rye, white or multigrain) all made with margarine unless stated otherwise.

- Cheese & tomato or Cheese **H**
- Ham, chicken or tuna with cheese

### IMPORTANT INFORMATION

THIS MENU OR OPTIONS AVAILABLE AT CANTEN ARE NOT TO BE EDITED OR CHANGED IN ANY WAY WITHOUT THE PERMISSION OF MRS KAVALLARIS OR THE CANTEN CO-ORDINATOR

## Hot Meals-(Canteen Made

- Beef Lasagne \* \$4.00
- Spaghetti bolognaise \* \$4.00
- Mac Cheese \* **H** \$4.00
- Savoury Mince and Mash \* \$4.00
- Fried Rice (Veg option available) \* **H** \$4.00
- Chicken Breast Burger \* \$4.00
- Kentlyn Cheese Burger **H** \$4.00  
(burgers with lettuce, tomato and cheese)
- Margarita (cheese) pizza slice **H** \$3.50
- Noodle cup (chicken & vegetable) **H** \$2.50
- 6 pack chicken goujons/nuggets **H** \$3.50
- Garlic bread **H** \$1.50
- Hot dog with sauce/mustard **H** \$2.50
- Café wrap (1 x Chicken Breast, light cream cheese & salsa, toasted) \* \$4.00
- Sauce sachets – tomato, bbq, soy or sweet Chilli or mayo .30

## Thirst Quenchers

- Water 600ml / 250ml \$1.00
- Just Juice popper 200ml \$1.50  
(apple, orange, apple/blackcurrant, or/mango)
- M2Go Milk 250ml \$2.00  
(chocolate or strawberry)
- Chill J 250ml \$2.50  
(blackcurrant, raspberry, watermelon, cola orange/passio, grape, Juice Bomb 250ml)
- Juice Bomb 250ml \$2.50  
(apple/blackcurrant, apple/raspberry, vanilla/lime, grape, orange/passio, watermelon)
- Slushie cup (99% fruit) 220ml \$1.00
- Hot Chocolate OR Milkshake \$1.00

## Munchies

- Fresh seasonal fruit (eg. apple, banana, mandarin, orange or pears, pineapple, grapes, watermelon, strawberries) \$1.00
- Yoghurt plain, blackberry or raspberry, strawberry and mixed berries. \$1.50
- Carrot/Celery sticks with hummus \$1.00
- Popcorn - original .60
- Red Rock Crisps (sea salt) \$1.50
- Frozen yoghurt \$1.70  
(strawberry/vanilla or choc/vanilla)
- Iced Mony (TNT BlueRaspsberry or Choc) .70
- Frozen Juice Cups (Orange, App Black, Pineapple and Apple) .70
- Frozen fruits – pineapple slices, oranges .70
- Weis Bars – 50g \$2.00  
(straw/milk, choc/milk, mango/milk)
- Jelly cups 20g .20
- Muffins or Brownies \$1.00

WEEKLY FRESH FROM  
THE MARKETS MIXED  
FRUIT OR VEGES BOXES  
FOR HOME ONLY \$15



**H** – Halal options if requested please mark order if required