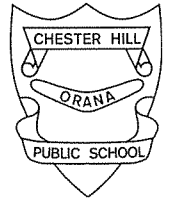


# CHESTER HILL PUBLIC SCHOOL

*Quality education in a caring learning environment*

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In 2017, the NSW Department of Education, together with the NSW Department of Health, created “The NSW Healthy School Canteen Strategy.” This document forms the guidelines for all foods and drinks that can be served in a NSW school canteen. In order for our canteen to pass the new auditing process and remain open, we have had to adjust our menu to meet these new guidelines.

The NSW Healthy School Canteen Strategy aims to support student health by providing access to healthy foods and drinks, **making the healthy choice, the easy choice**. The guidelines show that all school canteen menus must be made up of fresh, healthy foods, free from processing, additives and preservatives wherever possible.

In order to meet these new guidelines, we have designed a new menu, full of fresh, delicious, healthy and nutritious lunches and snacks.

As well as a list of items that will be available every day, we have introduced an exciting specials menu, that will change daily / weekly, providing your children with lunches not only from their home cultures, but that reflect the season, with hearty warm meals in winter, and cooler, more refreshing options in summer.

This new menu will start from **WEEK TWO, TERM TWO**. From this date, items from the old menu will no longer be available.

As you will understand, this new menu is an enormous change for us, and while we have tried to plan and prepare as best we can, we appreciate your patience and understanding while we transition to the new menu.

We hope you are as excited about the changes as we are!

Chester Hill Public School Parents and Citizens Association

# CHESTER HILL PUBLIC SCHOOL CANTEEN MENU 2018



## EVERYDAY MENU

This menu is available every day. Please remember to place lunch orders before 8.55am.

### Grilled Chicken Focaccia / Wrap (fresh or toasted) - \$7.00

A fresh focaccia or wrap with grilled chicken, mixed leaf salad, sliced cheese and tomato

### Beef Focaccia / Wrap (fresh or toasted) - \$7.00

A fresh focaccia or wrap with a hamburger patty, mixed leaf salad, sliced cheese and tomato

### Garden Salad - \$5.00

A mixed leaf salad with shredded carrot, tomato and cucumber.

Optional extras: Grilled chicken \$1.00, Olives and Fetta \$1.00, Toasted Dinner Roll \$0.50c

### Sandwiches (fresh or toasted) - \$3.00

Cheese - Cheese & Tomato - Chicken, Cheese & Tomato - Tuna & Mayonnaise

### Lunch Boxes - \$5.00

1. Vegemite sandwich, carrot sticks, hummus dip
2. Cheese sandwich, carrot sticks, French onion dip
3. Tuna sandwich, carrot sticks, cheese cubes

Optional extra: boiled egg \$0.50c

### Crunch & Sip Combo - \$1.50 *(This combo is only available before school, please purchase before 8.55am)*

350ml water & 1 piece of fruit



## SPECIAL MENU

We are excited to introduce daily specials to choose from at recess and lunch! Lunch items can be ordered as a lunch order before 8.55am, with the snacks available for purchase at lunch and recess.

### Skinnies will remain available everyday (\$1.00)

Daily specials will be advertised on our canteen facebook page ([www.facebook.com/CHPSCanteen](http://www.facebook.com/CHPSCanteen)) and on the canteen specials board.

*Items on the special menu may include...*

#### Lunch Special Examples

(prices will range from \$2 - \$7)

Potato Bake  
Pizza / Cheese & Spinach Rolls  
Home Made Pizzas  
Taco Bowls  
Burritos  
Lamb Kofta & Tabbouli  
Fried Rice  
Home Made Lasagne  
Chicken Fettuccine  
San Choi Bao

#### Snack Special Examples

(prices will range from \$1.50 - \$3.50)

Frozen Yoghurt  
Carrot Sticks & Hummus  
Cheese & Crackers  
Fresh Fruit Cups  
Air Popped Popcorn  
Custard Cups with Fresh Fruit  
Fruit Muffins  
Fruit Smoothies  
Rice Crackers  
Smiths / Red Rock Deli Chips