

Freemans Reach Public School

KIDS CAFE

Run by volunteers

check Enews for
unforeseen closures



SNACKS

Brekky or Recess

Fresh Fruit choice of 3.....	50c ✓
Wholemeal Toast 1 slice.....	50c ✓ <i>honey, jam or vegemite</i>
Raisin Toast 1 slice.....	50c ✓
Plain Milk in a Cup.....	60c ✓
Milo in a Cup.....	80c ✓
Fruit Snack Pack GF	\$1.00 ✓ <i>peaches or two fruits</i>
Red Rock Chips 28g bag.....	\$1.00 ✓ <i>sea salt GF</i>
Grainwaves 28g bag.....	\$1.00 ✓ <i>sour cream & chives</i>
Vegemite Scroll.....	\$1.50 ✓

FROZEN TREATS

Quelch Sticks GF	50c ✓ <i>apple, blackcurrant, mango, orange or tropical</i>
Bulla Ice Cream Cup GF	\$1.00 ✓ <i>vanilla</i>
Moosies GF	\$1.00 ✓ <i>blue moon or chocolate</i>
Icy Mony TNT Sour Ice.....	\$1.00 ✓ <i>blue raspberry or red berry blast</i>

DRINKS

Water GF	\$1.00 ✓
Popper.....	\$1.20 ✓ <i>apple or orange</i>
Flavoured Milk.....	\$2.00 ✓ <i>chocolate or strawberry</i>
Up & Go.....	\$2.00 ✓ <i>banana, chocolate, strawberry or vanilla</i>
Glee Juice & Bubbles.....	\$2.00 ✓ <i>blackcurrant, grape, raspberry or tropical</i>

TO PLACE AN ORDER:
Place your child's name, class &
order on a paper bag,
include your
payment and place into
canteen order box

We are looking for volunteers in our canteen, please contact us at
freemansreachpandc@hotmail.com
We will arrange someone to support you on your first day!

WRAPS

Salad.....	\$2.50 ✓ <i>beetroot, carrot, cucumber, lettuce, tasty cheese & tomato</i>
Chicken, Lettuce & Mayo.....	\$4.00 ✓
Chicken & Salad.....	\$5.00 ✓

SANDWICHES

.....	made with wholemeal bread
Honey, Jam or Vegemite.....	\$1.00 ✓
Baked Beans.....	\$1.50 ✓
Tasty Cheese.....	\$1.50 ✓
Salad.....	\$2.00 ✓ <i>beetroot, carrot, cucumber, lettuce, tasty cheese & tomato</i>
Ham.....	\$2.00 ✓
Chicken.....	\$2.50 ✓
Add Sauce.....	+30c ✓ <i>BBQ, mayonnaise, sweet chilli or tomato</i>
Add Extras.....	+40c ✓ <i>beetroot, carrot, cucumber, lettuce, tasty cheese or tomato</i>

SALAD BOWLS

Salad.....	\$2.50 ✓ <i>beetroot, carrot, cucumber, lettuce, tasty cheese & tomato</i>
Chicken & Salad.....	\$4.50 ✓

BURGERS

Cheese Burger.....	\$3.50 ✓ <i>lean beef, cheese & sauce</i>
Chicken Burger.....	\$4.00 ✓ <i>grilled chicken, lettuce & mayonnaise</i>
Freemo Burger.....	\$4.00 ✓ <i>lean beef, beetroot, lettuce, tomato & sauce</i>

HOT FOOD

Chicken Chippies max 8.....	50c ✓
Chicken Nuggets GF max 8.....	50c ✓
Sausage Roll Party Size.....	70c ✓
Meat Pie Party Size.....	80c ✓
Macaroni & Cheese.....	\$3.30 ✓
Lasagne GF	\$3.30 ✓

Our menu adheres to the Healthy School Canteen Strategy
For more info go to: healthyschoolcanteens.nsw.gov.au



EVERYDAY



OCCASIONAL

GF GLUTEN FREE