

Westmead Public School Canteen News

operated by M and F Catering Services—0416 811 114

FLEXISCHOOLS Online Ordering is coming

Soon, families will be able to place their child's lunch order at the canteen using the **Flexischools App** available from Google Play and Apple.

Orders need to be submitted by 9.00am each day.

Follow the easy registration on this page.

We have also updated our menu—see over.

Simplify your school life.

We have partnered with Flexischools, to make school lunches even easier.



- 1 Order online at anytime
- 2 Easily monitor your child's nutrition
- 3 Pay with Visa, Mastercard, PayPal or direct deposit



Set up your account

1 Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.

2 Login/Register

- **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** – Click '**Register**', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

3 Top Up Your Account

To make ordering fast and simple, you can set up automatic top ups.

Order

1 Place your Order

In the Flexischools App, click the '**Order now**' button located in the bottom right-hand corner of the app and select your student.

2 Make your Selection

Select the items you wish to order.

3 Make Payment

Select your payment option and complete payment to place your order.

Alternatively you can sign-up at flexischools.com.au



10 years supporting the school community



Committed to healthy eating



Over 1,500 happy schools

flexischools

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WESTMEAD PUBLIC SCHOOL- CANTEN MENU

**The Canteen at Westmead Public School is operated by
M and F Catering Services - 0416 811 114**

BREAKFAST

BANANA BREAD	\$3.50
RAISIN TOAST	\$2.50
CHEESE TOAST	\$3.50
WATERMELON TUB	\$5.00
ASSORTED MUFFIN	\$3.50
HASH BROWNS V	\$1.00

SANDWICHES

CHICKEN, LETT, MAYO H	\$5.00
TUNA, LETT, MAYO	\$5.00
TURKEY, CHEESE, TOM H	\$5.00
EGG, LETT, MAYO	\$5.00
SALAD V	\$5.00
CHEESE, TOM H	\$4.00
CHEESE H	\$3.50

WRAPS

CHICKEN, LETT, MAYO H	\$6.00
TUNA, LETT, MAYO	\$6.00
TURKEY, CHEESE, TOM H	\$6.00
EGG, LETT, MAYO	\$6.00
SALAD V	\$6.00
CHEESE, TOM H	\$5.00

HOT FOOD

LEAN SAUSAGE ROLL H	\$4.00
LEAN MEAT PIE H	\$4.00
BEEF LASAGNE H	\$5.50
CHICKEN NUGGETS (6) H	\$5.00
SPINACH & FETA ROLL H	\$5.00
LEAN BEEF SAUSAGE H	\$4.00
LEAN BEEF HOTDOG H	\$4.00

FRUIT

WATERMELON TUB	\$5.00
PIECE OF FRUIT	\$1.00

DAILY SPECIALS MEALS

HOMEMADE PENNE BOSCAIOLA	\$5.50
BUTTER CHICKEN & RICE H	\$5.50
CHICKEN & BEEF KEBABS H	\$7.00
SPAGHETTI BOLOGNESE H	\$5.00

MEDITERRANEAN

CHEESE PIZZA H	\$5.50
OREGANO PIZZA H V	\$4.00
FALAFEL (LETT, TOM) H V	\$7.00
KAFTA (LETT, TOM) H	\$7.00

SALAD

GREEK SALAD V	\$6.00
CHICKEN BREAST SALAD H	\$7.00
CAESAR SALAD V	\$6.00
PASTA SALAD V	\$6.00

VEGETARIAN

VEGETARIAN LASAGNE V	\$5.50
GRILLED FISH FINGERS (3)	\$3.00
BAKED FISH (3) & CHIPS	\$5.50
FRIED RICE V	\$5.00
HOKKIEN NOODLES, VEGE V	\$5.50
GARLIC BREAD V	\$2.50
VEGETABLE CASSEROLE V	\$5.00
VEGETABLE SPRING ROLLS(5)	\$4.00

(V) VEGETARIAN

(H) HALAL

EVERYDAY FOOD

OCCASSIONAL FOOD

WE HAVE DAILY SPECIALS

WE HAVE ONLINE ORDERING FLEXI SCHOOLS

EFTPOS AND CASH AVAILABLE

SNACKS

POPCORN	\$1.00
CORN ON A COB V	\$1.00
CHIPS	\$2.50
JELLY CUP	\$2.00
ICE BLOCKS (TERM 1,2,4)	\$1.00
ALTERNATIVE SNACKS SOLD DAILY ON COUNTER	

DRINKS

WATER	\$2.50
JUICE (APPLE, ORANGE)	\$2.50
CHILL J (FLAVOURED WATER)	\$3.00
UP & GO (CHOC)	\$3.00
FLAVOURED MILK (CHOC, STRAW)	\$2.50
WARM HOT CHOCOLATE	\$3.00

GLUTEN FREE, LACTOSE, HALAL OR ANY DIETARY REQUIRMENTS PLEASE SEE CANTEN STAFF. ALL OUR FOOD IS BAKED NOT FRIED. ALL OUR FOOD IS PREPARED FRESH ON PREMISES DAILY