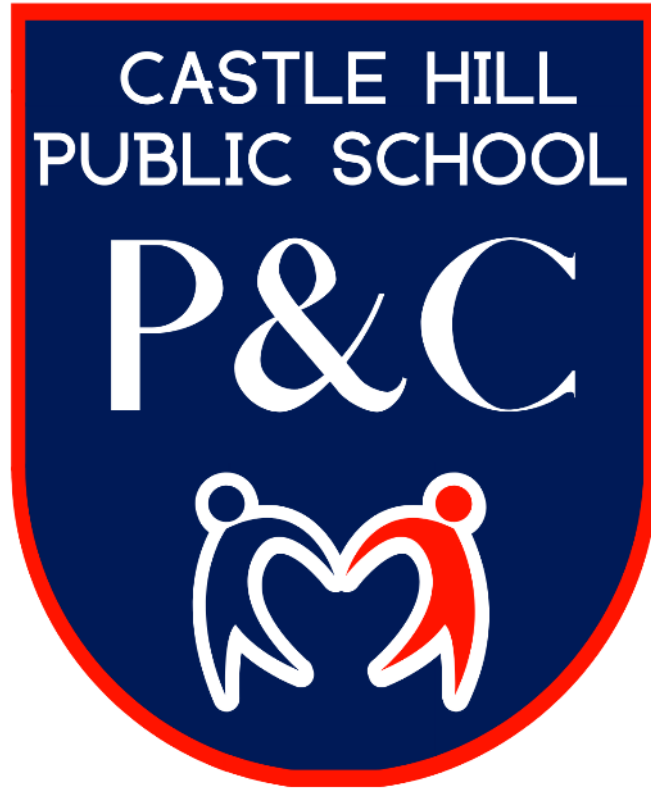


CASTLE HILL PUBLIC SCHOOL  
PARENTS & CITIZENS ASSOCIATION



# Canteen Introduction

# About the Canteen



- Canteen is run by the P&C Association
- Open 5 days a week from 8.30am –2.00pm offering recess and lunch service
- Provides a great range of fresh and pre-packaged food to both students and staff at very reasonable prices
- 2 Permanent Canteen Staff - Tanya and Leanne
- Volunteers are needed every day to work with the staff ensuring smooth operation and affordable pricing
- Any profit made is reinvested into the school

# Canteen Menu

CASTLE HILL PUBLIC SCHOOL CANTEEN  
PRICE LIST - JULY 2023  
Online ordering closes at 9.00am ([www.flexischools.com.au](http://www.flexischools.com.au))

**Fruit**  
(E) Watermelon Dism - \$2.50  
(E) Whole piece of fruit - apple or orange - \$1.00

**Recess items - subject to availability over the counter only**  
(E) Cheesies - \$0.50  
(E) Cheesies with tomato - \$0.50  
(E) Chicken croutons (H) - \$1.50  
(E) Giardineta & custard cup - \$1.00  
(O) Haze Brown (V) - \$1.00  
(E) Mini fruit kebabs or cups - \$0.50  
(E) Pilelets - \$0.10



**Snacks**  
(O) Chips - sea salt (GF) - \$1.50  
(E) Crispy fruits - apple, mango, pineapple, strawberry (GF) - \$2.00  
(O) Grain waffles - sour cream & olives - \$2.50  
(E) Jatz & cheese - \$1.00  
(E) Jatz crackers - 3 pack - \$0.30  
(O) Marmite noodle snacks - chicken (H) - \$1.50  
(O) Popcorn - sea salt (GF)(V) - \$1.50  
(O) Banana Biscoe - \$2.00

**Drinks \*\*over the counter only**  
(E) Milk - plain - \$1.50  
(E) Flavoured milk - chocolate, strawberry, vanilla malt - \$2.50  
(E) Crispy fruit juice - apple or orange - \$2.50  
(E) Water (500ml) - \$1.00  
(E) Chill J sparkling fruit juice - raspberry, orange passion, grape, watermelon - \$2.50  
(E) Hot chocolate\*\* - \$2.00

**Ice blocks \*\*over the counter only**  
(E) Frozen fruit cup (GF) - \$1.00  
(E) Frozen milk cup - \$1.00  
(E) Juices - lemonade, orange, wildberry\*\* - \$1.50  
(E) Slushy 99% fruit juice\*\* orange, apple - \$2.00  
(E) Quech ice block\*\* - \$0.50\*\*

**Soup**  
(E) Home made and served with bread & butter - \$4.00

(E) = Everyday Food - eat often  
(O) Occasional Food - eat occasionally  
(GF) = gluten free (V) = vegetarian  
(H) = halal

**Sandwiches - wholemeal or white bread**  
(E) Fries & Frites - \$1.70  
(E) Vegemite - \$2.00  
(E) Honey - \$2.00  
(E) Crocco - \$2.30  
(E) Ham - \$2.80  
(E) Chicken - \$3.20  
(E) Salad - lettuce, tomato, carrot - \$1.20  
(E) 'BUILD YOUR OWN' SANDWICH  
**Base Price:**  
White or wholemeal bread with butter - \$1.40  
Use Base Price then add your fillings below  
(H) instead of sandwich bread \$0.50  
Mayo \$0.20 Chicken \$1.50 Ham \$1.10  
Cheese \$0.60 Lettuce \$0.50 Beetroot \$0.50  
Tomato \$0.50 Carrot \$0.50

**Salad bowls**  
(E) Cheese - lettuce, tomato, carrot - \$3.70  
(E) Ham - lettuce, tomato, carrot - \$3.90  
(E) Chicken - lettuce, tomato, carrot - \$4.20  
French dressing sachet (1) - \$0.30

**Hot food**  
(O) Chicken nuggets - 3 pack (H) - \$2.00  
(O) Chicken nuggets - 6 pack (H) - \$4.00  
(O) Chicken burger (H) - lettuce, tomato, mayonnaise - \$4.80  
(E) Corn coblets - \$1.00  
(E) Fried rice (GF)(V) - \$5.00  
(O) Garlic bread (H) - \$2.00  
(E) Hamburger (H) - lettuce, tomato, tomato sauce - \$4.80  
(E) Honey Soy Chicken - \$5.00  
(E) Hot cheese roll - \$2.90  
(E) Hot cheese & tomato roll - \$3.40  
(E) Hot ham, cheese & tomato roll - \$4.50  
(O) Hot chicken, cheese & tomato roll - \$4.90  
(O) Hot dog with tomato sauce - local (H) - \$3.50  
(E) Lasagne - \$5.00  
(E) Macaroni & cheese (V) - \$5.00  
(O) Meat pie - Timberlane Roscoe beef (H) - \$4.50  
(O) Noodle - chicken - \$3.00  
(E) Pasta twist - \$5.00  
(E) Pizza - margherita (V) - \$4.70  
(O) Pizza - Hawaiian - \$4.70  
(O) Pizza Wrap - BBQ Chicken (H) - \$1.70  
(O) Spinach & ricotta roll (V)(H) - \$3.70  
(E) Tomato sauce sachet (1)(GF) - \$0.30

All enquiries should be directed to the Canteen on 0428 401 821

Our Menu can be found:

- In your Kindy Orientation Pack
- On the P&C Website:  
<https://chpspandc.org.au/canteen-home/>
- On the school website  
<https://castlehill-p.schools.nsw.gov.au/parents---citizens/canteen.html>



# NSW Healthy School Canteen

Our school canteen meets the NSW Healthy School Canteen Strategy.

By having a healthy canteen, we support a culture of healthy eating in school by:

- promoting and increasing student access to healthier foods and drinks
- decreasing student access to less healthy food and drinks
- supporting water as a drink of choice
- making a healthy choice an easy choice.

More details about the strategy can be found at

<https://education.nsw.gov.au/student-wellbeing/whole-school-approach/healthy-canteens>



## CONGRATULATIONS

Castle Hill Public School

This certificate verifies that your menu is meeting the requirements of  
The NSW Healthy School Canteen Strategy

Date issued: 15 December 2022    Valid until: 15 December 2025



Note: This certificate is valid for three years from the date of issue. To re-new your certificate please review your menu against the Food and Drink Criteria of the Strategy and re-submit a Menu Application Form to the Healthy Food Information Service.



# Flexischools – Online Lunch Ordering



[www.flexischools.com.au](http://www.flexischools.com.au)

Flexischools is the canteen's online lunch ordering platform.

Flexischools is the fast and secure way to order and pay online from your mobile, tablet or desktop.

You will find information on how to set up a Flexischools account in your Kindy Orientation Pack or visit the website to get started





# Lunch Order Delivery

- Lunch must be ordered online or over the counter prior to 9:00am. Online ordering is preferred.
- Food is prepared and cooked during the day and packed into a lunch basket for each class ready for collection at their appointed lunchtime
- Lunch baskets are collected from the canteen windows by students from each class who are sent in pairs
- Lunches are distributed to the students in their classroom by their teachers
- Smaller children are supervised whilst eating in their designated eating area.



# Can you help?



CASTLE HILL PUBLIC SCHOOL  
PARENTS & CITIZENS ASSOCIATION

## Welcome to the Castle Hill Public School Canteen

The CHPS P&C Canteen is proud to be open for recess and lunch service five days a week, providing healthy delicious food for our students and staff at affordable prices. The canteen operates with the generous help of our wonderful volunteer base.

**We need your help** in order to keep doing this. We are parents ourselves and would love to meet you.

Can you join the ranks? Volunteering at the canteen is a great way to get involved, meet other parents and learn about your child's day at school (and don't forget dads, grandparents, older brothers or sisters, aunts and uncles are welcome too!)

### There are many benefits to volunteering!

You will make new friends and get to see the delighted look on your child's face when they see you in the canteen. You will definitely have a few laughs with a great bunch of people, and most important of all, you will be doing something very worthwhile for your school community. We will even throw in free lunch for you, endless tea and coffee and 50% off any item purchased for your child on the day you volunteer. It is impossible to put a price on the value of the work that you would do for us.

### Example of a day in the Canteen

9:00am	Prepare sandwiches, noodles, hotdogs and other items ordered for the day; sort Team A lunch order bags into class baskets
10:30am	Team B Recess and packing of Team A lunch bags
10:50am	Hand out Team A class baskets
11:00am	Team A Lunch
11:30am	Morning Tea for Volunteers
12:00pm	Finish prepping Team B lunch and sorting bags into class baskets
12:40pm	Hand out Team B class baskets
12:50pm	Team B Lunch
1:00pm	Lunchbreak for volunteers
1:40pm	Team A recess
2:00pm	Clean up



### You don't need any previous experience ...

Just a willing pair of hands, **once a month**, everything you need to know can be learnt within a short space of time. Those who wish to be a canteen volunteer but cannot spare a full day just come and have a chat with us and we can arrange some special hours. Contact details are listed below.

Please scan the QR code to express your interest in volunteering in the canteen.

We appreciate your time and look forward to meeting you soon.

Tanya Strachan and Leanne Chia  
Canteen Staff  
0428 401 821  
[canteen@chospandc.org.au](mailto:canteen@chospandc.org.au)



Our canteen is only successful due to our outstanding team of parent helpers.

Look for our flyer outlining what is involved in volunteering which can be found in your Kindy Orientation Pack

No experience is necessary!

Our online volunteer interest form can be found at <https://forms.office.com/r/b8cDZRDEyq>





# Contact Us

We are always happy to answer your questions!  
Feel free to contact us

EMAIL: [canteen@chpspandc.org.au](mailto:canteen@chpspandc.org.au)

PHONE: 0428 401 821

WEB: [www.chpspandc.org.au](http://www.chpspandc.org.au)

