

# Av-a-Bite

2021

## Menu

### Canteen Opening Hours

Monday - Friday: 9am - 2pm  
Recess: 11:25am - 11:45am  
During Recess we serve Years 3-6 ONLY

Lunch: 1:10pm - 2:00pm  
K-2 are escorted to Canteen (First Half of Lunch)  
Years 3-6 can purchase from the Canteen from 1:40pm

### Spriggy Schools

We prefer Online Ordering.  
SPRIGGY CUT- OFF TIME is 9:30am each day,  
Late ordering is available on SPRIGGY from 9:30am-11:30am.  
Please be mindful that the late ordering menu is limited.

SPRIGGY SCHOOLS App is available from your App store.  
Contact Spriggy Schools via their website or using the chat icon on the app.



### Forgotten Morning Tea

Should your child forget their morning tea a piece of fruit will be given and charged at \$1.50 a piece, to be reimbursed to the canteen the next day.

### Forgotten Lunch

Should your child forget their lunch, a sandwich and a piece of fruit will be given.

This will be charged at \$5.00 which is to be reimbursed directly to the canteen the next day OR pay via the IOU Button on SPRIGGY SCHOOLS App  
The Canteen thanks you in advance for your speedy resolution.

### Allergy Alert

A generic "Allergy Alert" icon has been placed in our Spriggy Schools Menu.  
Please notify The Canteen of your child's allergy BEFORE using this icon.

Thank You  
Canteen Contact: on 9973 1439

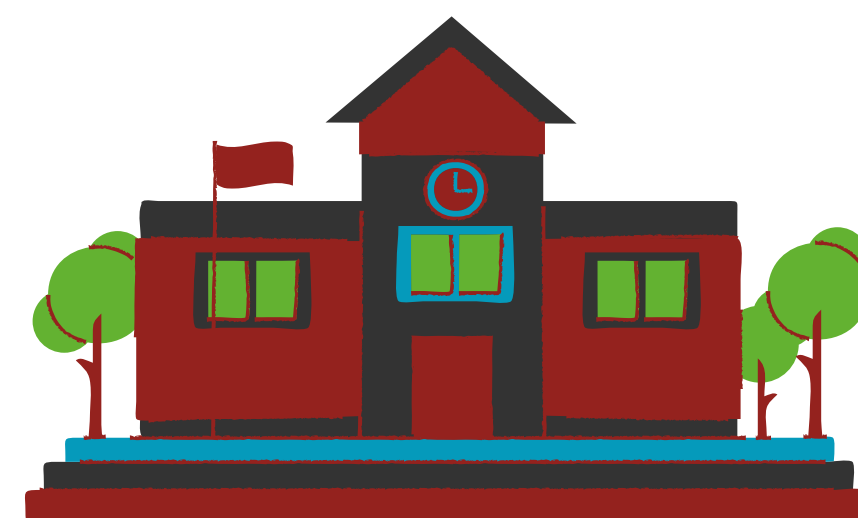
### Volunteers

Volunteers are needed please.  
We would love to welcome volunteers to the canteen.  
You can volunteer for a day or if it suits, come in for prepping lunch orders (9:30 – 11:30) OR packing orders (12:00- 2:00pm) and serving the kids over the counter.  
We really rely on our volunteers, so please if you do have some time, it would be great to see you.

Email us at  
avalonpscanteen@gmail.com or sign up online using the Signup app

### Our Canteen

Our Canteen is a P&C run business, with all profits going back to our School.



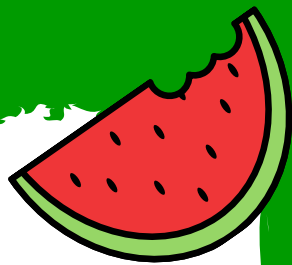


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### Recess Bites



Munch Box	\$4.00
Munch Box plus Egg	\$4.50
Piece of Fruit	\$1.00
Yoghurt Crunch	\$2.50
Apricot Delight	\$1.00
Mexican Melt	50c
Berry Muffins	\$2.50

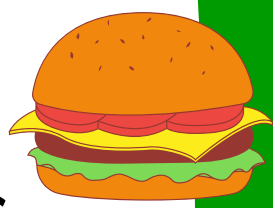
### Hot Bites

Chicken Goujons	\$3.50
Fried Rice	\$4.00
Steamed Rice	\$2.50
Pasta Bolognaise	\$5.00
G/F Pasta Bolognaise	\$6.00
Spaghetti and Meatballs	\$5.00
Penne Napoletana	\$4.50
G/F Penne Napoletana	\$5.50
Pesto Penne Pasta	\$5.00
Macaroni & Cheese	\$4.50
Beef Lasagne	\$4.50
G/F Beef Lasagne	\$6.00
Hash Brown	\$2.00
Garlic Bread	\$2.00
Fresh Corn	\$2.50
Hot Cheese Roll	\$3.00
Hot Ham & Cheese Roll	\$4.00

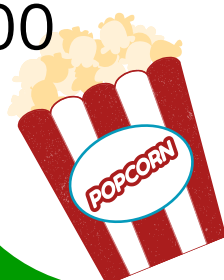
### Pastry Bites

Meat Pies Large	\$5.00
G/F Meat Pie (Only available to students requiring a GF diet)	\$6.00
Sausage Rolls	\$4.00
Spinach and Ricotta Roll	\$4.00
Quiche- Ham & Cheese	\$4.00
Quiche- Spinach and Ricotta	\$4.00

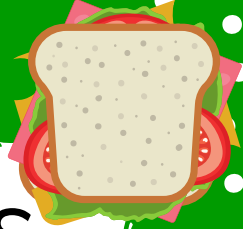
### Burger Bites



Beef Burger	\$5.00
Chicken Strip Burger	\$5.00



### Sandwich Bites

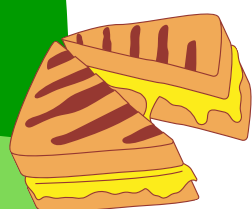


Roll or Wrap	+\$1.00
add cheese, ham or chicken +	.50
Hommus	+ .50
Buttered Roll	1.50
Vegemite, Honey or Jam	\$3.00
Cheese	\$3.00
Ham & Cheese	\$4.00
Vegemite & Cheese	\$3.50
Ham	\$3.50
Chicken	\$4.00
Falafel	\$5.00
Egg, Mayo & Lettuce	\$4.00

### Salad Bites



Caesar Salad	\$6.00
Add Chicken	+ .50
Salad -	\$5.50
Add Chicken, Ham or Egg	+ .50



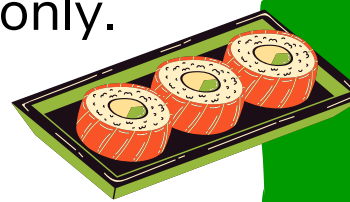
### Jaffles

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Ham, Cheese & Tomato	\$5.00
Baked Beans	\$4.00
Baked Beans & Cheese	+ .50
Gluten Free Options	+\$1.00

### Soup

Canteen made soups available during Winter- Yrs 3-6 only.

### Sushi



Every Monday, Wednesday and Friday

### Snack Bites

Crispy Fruits	\$2.00
Grainwaves	\$1.50
Red Rock Salt Chips	\$2.00
Piranha Popcorn Salt	\$2.00

### Bakery Bites



Muffins	\$2.50
Banana Bread	\$2.50
Apricot Delight	\$1.00
Bacon and Cheese Roll	\$2.00

### Fruit & Veg Bites

Fresh Fruit Salad	\$4.50
Frozen Fruit Cup- Apple,	\$1.00
A/blackcurrant or Orange	\$1.50
Carrot Sticks	\$1.00
Cucumber Sticks	\$1.00
Celery Sticks	\$1.00
Carrot and Celery	\$1.00
Carrots and Cucumber	\$1.00
Hommus	+ .50

### Av-A-Drink



Chocolate Milk	\$2.00
Strawberry Milk	\$2.00
Plain Milk	\$1.50
Harvey Fresh Juice Box- A/Blackcurrant, Apple, Orange	\$2.00
Chill J Sparkling Water- B/Currant, Orange-Passio, watermelon, Raspberry	\$2.00
Juice Bomb- Lemonade	\$2.00
Orange passio, Watermelon, Grape	

### Frozen Bites

Frozen Fruit Cup- Apple, Orange, A/Blackcurrant	\$1.00
Tasman Bay Juicies	\$1.00
TnT's- Watermelon & Raspberry	\$1.00
Moosies- Choc, Blue Moon	\$1.00
Paddle Pop- Rainbow	\$2.00
Twisted- Choc & Vanilla	\$2.00
Blueberry and Cookies	\$2.00
Quelch Sticks	\$1.00
Frozen Pineapple Rings	.50

