

# Caringbah North Public School Canteen

Term 4, 2022



"Happy Heart, Happy Food, Happy Tummy"

HEALTHY CHOICES	
<b>Crunch 'N' Sip (GF)</b>	
Option 1: Apple or Banana + Water	\$3.70
Option 2: Carrot Sticks + Water	\$3.50
Option 3: Cucumber & Carrot Sticks + Water	\$3.50
Option 4: Watermelon Cup (FRESH) + Water	\$3.80
Option 5: Watermelon Cup (FROZEN) + Water	\$3.80
<b>Fresh Fruit &amp; Vegetables (GF)</b>	
Carrot Sticks	\$1.50
Cucumber & Carrot Sticks	\$1.50
Fresh Fruit - Whole (Apple, Banana)	\$1.70
Watermelon Cup (FRESH)	\$1.80
Watermelon Cup (FROZEN)	\$1.80

SNACKS	
<b>Freshly Made in the Canteen</b>	
Banana Muffin	\$2.00
Boiled Egg	70c
Brownie	\$1.50
Cheese Melt	\$1.50
Cheese Melt (with ham)	\$2.30
Cheese Melt (with tomato)	\$1.70
Cheese Melt (with ham & tomato)	\$2.50
Corn Cobbettes (2 pieces)	80c
Garlic Naan Bread	\$1.00
Popcorn - Freshly Popped (per bag) (GF)	20c
<b>Store Bought</b>	
Bread Sticks - Plain	10c
Cheese and Crackers	\$2.20
Custard Cup	\$1.50
Custard Cup with Milo	\$1.70
Grain Waves (Sour Cream & Chives)	\$1.80
Mamee Noodle Snacks (Chicken)	\$1.00
Sea Salt Red Rock Deli Chips	\$1.80

Sauce (BBQ / Soy / Sweet Chilli / Thai Chilli / Tomato)	30c
Spoons & Forks (Additional)	10c
Toasting Sandwich, Roll or Wrap	20c

SANDWICHES, WRAPS & ROLLS	
Margarine ONLY (GF)	\$1.50
Baked Beans	\$3.00
Cheese - Tasty (GF)	\$3.00
Cheese - Tasty & Salad (GF)	\$4.30
Egg (Plain) (GF)	\$3.60
Egg & Salad (GF)	\$4.60
Ham & Cheese (Tasty) (GF)	\$3.80
Ham, Cheese (Tasty) & Tomato (GF)	\$4.00
Honey (GF)	\$2.00
Meat (Chicken, Ham or Tuna) - Plain (GF)	\$3.50
Meat (Chicken, Ham or Tuna) - Salad (GF)	\$4.50
Salad (Lettuce, Tomato, Carrot, Cucumber & Beetroot) (GF)	\$4.30
Spaghetti	\$3.00
Vegemite (GF)	\$2.00
Wrap & Roll	50c
Gluten Free Bread	\$1.00

Available Monday to Thursday

HOMEMADE HOT LUNCH MEALS	
Mac N Cheese	\$3.50
Nachos with Cheese (Small serving)	\$2.50
Nachos with Cheese & Sour Cream (Small serving)	\$2.80
Pasta Bolognese	\$4.00

HOT FOOD	
Beef Cheese Burger (with Lettuce & Sauce)	\$4.30
Chicken Burger (with Lettuce, Sauce or Mayo)	\$4.30
Chicken Nuggets (3 nuggets)	\$1.80
Gluten Free Chicken Nuggets (3 nuggets)	\$2.10
Ham & Cheese Pizza	\$3.50
Hash Brown	\$1.00
Meat Pie	\$3.50
Meatball Sub (Butter Chicken, Beef & Bolognese)	\$3.50
Sausage Roll	\$3.00

DUMPLINGS	
Chicken & Mushroom (3 pieces + Sauce)	\$2.50
Pork & Chives (3 pieces + Sauce)	\$2.50
Vegetarian (3 pieces + Sauce)	\$2.50

(Minimum order 3 pieces)

Available Monday to Thursday

FRESH WRAPS	
Chicken Schnitzel Wrap (Chicken Schnitzel, Lettuce, Mayo/Sweet Chilli Sauce/Tomato Sauce)	\$4.80
The Keely Wrap (Ham, Cheese, Lettuce and Mayo)	\$4.80
The Luke Wrap (Chicken, Tomato, Cheese and Mayo)	\$4.80

Available Monday to Thursday

FRUIT SMOOTHIES	
Banana (with/without honey)	\$4.50
Mango	\$4.50
Mango, Banana & Pineapple	\$4.50
Mixed Berry	\$4.50

Available Monday to Thursday

COLD DRINKS	
Cold Milo	\$1.50
Juice Bomb (GF) (Apple Raspberry, Lemonade, Orange Passio, Watermelon)	\$2.00
Oak Milk (Chocolate, Strawberry, Vanilla Malt)	\$2.50
Popper Juice (GF) (Apple, Apple Blackcurrant, Orange Mango, Paradise Punch)	\$1.50
Water 600ml (GF)	\$2.00

FROZEN CHOICES	
Frozen Banana & Yoghurt Pop (GF)	80c
Frozen Fruit Cup (GF) (Apple, Apple Blackcurrant, Orange)	\$1.00
Frozen Pineapple Stick (GF)	70c
Fruit & Yoghurt Iceblock (GF) (Mango, Mixed Berry)	50c
Ice Mony (GF) (Blue Raspberry, Lemon Ice, Sour Strawberry, Sour Watermelon)	\$1.00
Juicies Tube (GF) (Lemonade, Wildberry)	\$1.50
Moosies Milk Freeze (GF) (Blue Moon, Chocolate)	\$1.50
Quelch Fruit Stick (GF) (Tropical flavours)	80c
Slushie - Full Cup (GF)	\$2.00



The Caringbah North Public School P&C is proud to offer this great Canteen service to the school community 5 days a week.