

Caringbah North Public School Canteen

Term 2, 2022



"Happy Heart, Happy Food, Happy Tummy"

| HEALTHY CHOICES | |
|---|--------|
| Crunch 'N' Sip (GF) | |
| Option 1: Apple or Banana + Water | \$3.50 |
| Option 2: Baby Cucumber & Cherry Tomatoes + Water | \$3.50 |
| Option 3: Carrot Sticks + Water | \$3.50 |
| Option 4: Watermelon Cup (FRESH) + Water | \$3.50 |
| Option 5: Watermelon Cup (FROZEN) + Water | \$3.50 |
| Fresh Fruit & Vegetables (GF) | |
| Baby Cucumber & Cherry Tomatoes | \$1.50 |
| Carrot Sticks | \$1.50 |
| Fresh Fruit - Whole (Apple, Banana) | \$1.50 |
| Watermelon Cup (FRESH) | \$1.50 |
| Watermelon Cup (FROZEN) | \$1.50 |

| SNACKS | |
|---|--------|
| Freshly Made in the Canteen | |
| Banana Muffin | \$2.00 |
| Boiled Egg | 60c |
| 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 |
| Store Bought | |
| Bread Sticks - Plain | 10c |
| Cheese and Crackers | \$2.00 |
| 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 & Sour / Tomato) | 30c |
| Spoons & Forks (Additional) | 10c |
| Toasting Sandwich, Roll or Wrap | Free |

| 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) | \$3.50 |
| Egg & Salad (GF) | \$4.50 |
| 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) | \$4.00 |
| Spaghetti | \$3.00 |
| Vegemite (GF) | \$2.00 |
| Wrap & Roll | 50c |
| Gluten Free Bread | \$1.00 |

Available Monday to Thursday

| HOT LUNCH MEALS | |
|--|--------|
| Mac N Cheese (Homemade) | \$3.50 |
| Nachos with Cheese (Small serving) (Homemade) | \$2.50 |
| Nachos with Cheese & Sour Cream (Small serving) (Homemade) | \$2.80 |
| Vegetarian Fried Rice (GF) | \$3.00 |

| HOT FOOD | |
|--|--------|
| Beef Cheese Burger (with Lettuce & Sauce) | \$4.00 |
| Chicken Burger (with Lettuce, Sauce or Mayo) | \$4.00 |
| Chicken Nuggets (3 nuggets) | \$1.80 |
| Ham & Cheese Pizza | \$3.50 |
| Hash Brown | \$1.00 |
| Meat Pie | \$3.50 |
| Meatball Sub | \$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) | \$4.50 |
| The Keely Wrap (Ham, Cheese, Lettuce and Mayo) | \$4.50 |
| The Luke Wrap (Chicken, Tomato, Cheese and Mayo) | \$4.50 |

Available Monday to Thursday

| HOT DRINK | |
|---------------|--------|
| Hot Chocolate | \$2.00 |

| FRUIT SMOOTHIES | |
|-----------------------------|--------|
| Banana (with/without honey) | \$4.00 |
| Mango | \$4.00 |
| Mango, Banana & Pineapple | \$4.00 |
| Mixed Berry | \$4.00 |

Available Monday to Thursday

| COLD DRINKS | |
|---|--------|
| Cold Milo | \$1.50 |
| Glee Juice + Bubbles (Bubblegum Grape, Tropical Treat) | \$2.00 |
| Juice Bomb (GF) (Apple Blackcurrant, Apple, Coola, Apple Raspberry, Lemonade, Orange, Passio, Vanilla Lime, Watermelon) | \$2.00 |
| Oak Milk (Chocolate, Strawberry, Vanilla Malt) | \$2.50 |
| Popper Juice (GF) (Apple, Apple Blackcurrant) | \$1.50 |
| Water 600ml (GF) | \$2.00 |

| FROZEN CHOICES | |
|---|--------|
| Frozen Fruit Cup (GF) (Apple, Apple Blackcurrant, Orange) | \$1.00 |
| Fruit & Yoghurt Iceblock (GF) (Mango, Mixed Berry) | 50c |
| Ice Mony (GF) (Blue Raspberry, Lemon Ice, Sour Strawberry, Sour Watermelon) | \$1.00 |
| Juicies Tubes (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.