



Caringbah North Public School Canteen

Term 1, 2023



"Happy Heart, Happy Food, Happy Tummy"

HEALTHY CHOICES	
Crunch 'N' Sip (GF)	
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
Fresh Fruit & Vegetables (GF)	
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	
Freshly Made in the Canteen	
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 Cobquettes (2 pieces)	80c
Garlic Bread	\$1.00
Popcorn - Freshly Popped (per bag) (GF)	30c
Store Bought	
Bread Sticks - Plain	20c
Cheese and Crackers (4 pieces)	\$1.80
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

HOT LUNCH MEALS	
Lasagne (Beef)	\$4.50
Lasagne (Vegetable)	\$4.00
Mac N Cheese	\$4.00
Nachos with Cheese (Small serving)	\$2.50
Nachos with Cheese & Sour Cream (Small serving)	\$2.80

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)	\$4.00
Sausage Roll	\$3.00

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
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	
Chocolate Moosies Milk Freeze (GF)	\$1.50
Frozen Fruit Cup (GF) (Apple, Apple Blackcurrant, Orange)	\$1.00
Fruit & Yoghurt Iceblock (GF) (Mango/Vanilla, Mixed Berry, Peach/Mango, Strawberry)	50c
Ice Mony (GF) (Blue Raspberry, Lemon Ice, Sour Strawberry, Sour Watermelon)	\$1.00
Juicies Tube (GF) (Lemonade, Tropical)	\$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.