



Caringbah North Public School Canteen

Term 1, 2024



"Happy Heart, Happy Food, Happy Tummy"

HEALTHY CHOICES		
Crunch 'N' Sip (GF)		
Option 1: Apple or Banana + Water	●	\$3.70
Option 2: Apple Slinky + Water	●	\$4.00
Option 3: Carrot Sticks + Water	●	\$3.50
Option 4: Cucumber & Carrot Sticks + Water	●	\$3.50
Option 5: Watermelon Cup (FRESH) + Water	●	\$3.80
Option 6: Watermelon Cup (FROZEN) + Water	●	\$3.80
Fresh Fruit & Vegetables (GF)		
Apple Slinky (Pre-order only)	●	\$2.00
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
Cheesy Garlic Melt	●	\$1.80
Corn Cobettes (2 pieces)	●	80c
Garlic Bread	●	\$1.00
Popcorn - Freshly Popped (per bag) (GF)	●	30c
Strawberry Yogurt Loaf	●	\$3.00
Store Bought		
Bacon & Cheese Bun	●	\$2.00
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

Spoons & Forks (Additional) 10c

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	●	\$4.00
Mac N Cheese (with Ham)	●	\$4.30
Nachos with Cheese (Small serving)	●	\$3.00
Nachos with Cheese & Sour Cream (Small serving)	●	\$3.30

HOT FOOD		
Beef Cheese Burger (with Lettuce & Sauce)	●	\$4.30
Chicken Burger (with Lettuce, Sauce or Mayo)	●	\$4.30
Chicken Noodle Cup (Fantastic)	●	\$3.00
Chicken Nuggets (3 nuggets)	●	\$1.80
Gluten Free Chicken Nuggets (3 nuggets)	●	\$2.10
Ham & Cheese Pizza	●	\$3.50
Meat Pie	●	\$3.50
Sausage Roll	●	\$3.00

DUMPLINGS		
Chicken & Mushroom (3 pieces + Sauce)	●	\$3.00
Pork & Chives (3 pieces + Sauce)	●	\$3.00
Vegetarian (3 pieces + Sauce)	●	\$3.00

Available Monday to Thursday

Sauce (BBQ / Soy / Sweet Chilli / Tomato) ● 30c

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

DRINKS		
Banana Smoothie (Monday to Thursday)	●	\$4.80
Cold Milo	●	\$2.00
Ice Momy Sparkling Fruit Juice Bubbles (Grape, Strawberry)	●	\$2.00
Juice Bomb (Apple Raspberry, Lemonade, Orange Passio, Watermelon)	●	\$2.00
Oak Milk (Chocolate, Strawberry)	●	\$2.50
Popper Juice (Apple, Apple Blackcurrant, Orange Mango, Paradise Punch)	●	\$1.50
Water 600ml	●	\$2.00

FROZEN CHOICES		
Chocolate Moosies Milk Freeze	●	\$1.50
Frozen Fruit Cup (Apple, Apple Blackcurrant)	●	\$1.00
Fruit & Yoghurt Iceblock (Mango/Vanilla, Peach/Vanilla)	●	50c
Ice Momy (Sour Strawberry, Sour Watermelon, Tropical Tornado)	●	\$1.00
Juicies Tube (Tropical)	●	\$1.50
Quelch Fruit Stick (Apple Berry & Tropical)	●	80c
Slushie - Full Cup	●	\$2.00

Green - great foods for daily consumption ●
 Amber - select carefully - combine with green ●
 Red - only be available on special days ●



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