



Caringbah North Public School Canteen
 Term 4, 2024 & Term 1, 2025
SUMMER MENU



"Happy Heart, Happy Food, Happy Tummy"

HEALTHY CHOICES	
Crunch 'N' Sip (GF)	
Option 1: Apple + 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 (Apple) ●	\$1.70
Watermelon Cup (FRESH) ●	\$1.80
Watermelon Cup (FROZEN) ●	\$1.80

SNACKS	
Freshly Made in the Canteen	
Banana & Sultana 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 Cobbettes (2 pieces) ●	80c
Garlic Bread ●	\$1.00
Popcorn - Freshly Popped (per bag) ●	30c
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
Harvest Snaps (Original, Cheese, Salt & Vinegar) ●	\$1.00
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

HOT LUNCH MEALS	
GLUTEN FREE Beef Lasagne ●	\$4.80
Mac N Cheese ●	\$4.00
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
Hash Browns ●	\$1.20
Meat Pie ●	\$3.50
Sausage Roll ●	\$3.00
Spinach & Ricotta Cheese Roll ●	\$2.50

DUMPLINGS	
Chicken & Mushroom (3 pieces) ●	\$3.00
Pork & Chives (3 pieces) ●	\$3.00
Vegetarian (3 pieces) ●	\$3.00
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	
Cold Milo ●	\$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	
Apple Blackcurrant Frozen Fruit Cup ●	\$1.00
Chocolate Moosies ●	\$1.50
Frozen Berry Yoghurt Cup ●	\$2.50
Ice Mony (Lemon Ice, Sour Strawberry, Sour Watermelon, Tropical Tornado) ●	\$1.00
Juicies Tube (Tropical) ●	\$1.50
Mango Fruit & Yoghurt Iceblock ●	50c
Quelch Fruit Stick (Apple Berry & Tropical) ●	80c
Slushie (Fruit Burst, Green Apple, Strawberry) ●	\$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.