



# Caringbah North Public School Canteen

Terms 2&3, 2025

## WINTER MENU



"Happy Heart, Happy Food, Happy Tummy"

### HEALTHY CHOICES

#### Crunch 'N' Sip (GF)

Option 1: Apple + Water	●	\$4.00
Option 2: Apple Slinky + Water	●	\$4.20
Option 3: Carrot Sticks + Water	●	\$4.00
Option 4: Cucumber & Carrot Sticks + Water	●	\$4.00
Option 5: Watermelon Cup (FRESH) + Water	●	\$4.20
Option 6: Watermelon Cup (FROZEN) + Water	●	\$4.20

#### Fresh Fruit & Vegetables (GF)

Apple Slinky (Pre-order only)	●	\$2.20
Carrot Sticks	●	\$2.00
Cucumber & Carrot Sticks	●	\$2.00
Fresh Fruit (Apple)	●	\$2.00
Watermelon Cup (FRESH)	●	\$2.20
Watermelon Cup (FROZEN)	●	\$2.20

### SNACKS

#### Freshly Made in the Canteen

Boiled Egg	●	\$1.00
Brownie	●	\$1.80
Cheese Melt	●	\$1.70
Cheese Melt (with ham)	●	\$2.50
Cheese Melt (with tomato)	●	\$1.90
Cheese Melt (with ham & tomato)	●	\$2.70
Cheesy Garlic Melt	●	\$2.00
Corn Cobbettes (2 pieces)	●	\$1.00
Garlic Bread	●	\$1.20
Popcorn - Freshly Popped (per bag)	●	40c

#### Store Bought

Bacon & Cheese Bun	●	\$2.50
Banana Bread Slice	●	\$2.20
Bread Sticks - Plain	●	20c
Cheese and Crackers (4 pieces)	●	\$2.00
Custard Cup	●	\$1.80
Custard Cup with Milo	●	\$2.00
Harvest Snaps (Original, Cheese, Salt & Vinegar)	●	\$1.20
Mamee Noodle Snacks (Chicken)	●	\$1.20
Sea Salt Red Rock Deli Chips	●	\$2.00

Spoons & Forks (Additional)	20c
Sauce(BBQ / Sweet Chilli / Tomato)	40c

### SANDWICHES, WRAPS & ROLLS

Margarine ONLY (GF)	●	\$1.50
Cheese - Tasty (GF)	●	\$3.50
Cheese - Tasty & Salad (GF)	●	\$4.50
Egg (Plain) (GF)	●	\$4.00
Egg & Salad (GF)	●	\$5.00
Ham (Plain) (GF)		\$3.80
Ham & Cheese (Tasty) (GF)	●	\$4.30
Ham, Cheese (Tasty) & Tomato (GF)	●	\$4.50
Ham & Salad (GF)		\$4.80
Honey (GF)	●	\$2.20
Meat (Chicken / Tuna) - Plain (GF)	●	\$5.00
Meat (Chicken / Tuna) - Salad (GF)	●	\$6.00
Salad (Lettuce, Tomato, Carrot, Cucumber & Beetroot) (GF)	●	\$4.50
Vegemite (GF)	●	\$2.20
Wrap & Roll		\$1.00
Gluten Free Bread		\$1.20
Toasting		30c

Available Monday to Thursday

### HOT LUNCH MEALS

GLUTEN FREE Beef Lasagne	●	\$5.00
Mac N Cheese	●	\$4.20
Nachos with Cheese (Small serving)	●	\$3.00
Nachos with Cheese & Sour Cream (Small serving)	●	\$3.50
Pasta Bolognese	●	\$4.50

Nachos Available Monday to Thursday

### HOT FOOD

Beef Cheese Burger (with Lettuce & Sauce)	●	\$4.80
Chicken Burger (with Lettuce, Sauce or Mayo)	●	\$4.80
Chicken Noodle Cup (Fantastic)	●	\$3.50
Chicken Nuggets (3 nuggets)	●	\$2.10
Gluten Free Chicken Nuggets (3 nuggets)	●	\$3.00
Ham & Cheese Pizza	●	\$4.00
Hash Browns	●	\$1.50
Meat Pie	●	\$4.00
Sausage Roll	●	\$3.50
Spinach & Ricotta Cheese Roll	●	\$3.00

### FRESH WRAPS

Chicken Schnitzel Wrap (Chicken Schnitzel, Lettuce, Mayo/Sweet Chilli Sauce/Tomato Sauce)	●	\$5.50
The Keely Wrap (Ham, Cheese, Lettuce and Mayo)	●	\$5.50
The Luke Wrap (Chicken, Tomato, Cheese and Mayo)	●	\$5.50

Available Monday to Thursday

### \$7.00 TUESDAY MEAL DEAL

Pasta Bolognese	●
Garlic Bread	●
Popper Juice (Apple, Apple Blackcurrant, Orange Mango, Paradise Punch)	●

Available Tuesdays only

### DRINKS

Hot Chocolate	●	\$2.00
Juice Bomb (Apple Raspberry, Lemonade, Orange Passio, Watermelon)	●	\$2.20
Nippy's Flavoured Milk 250ml (Iced Chocolate, Iced Honeycomb & Iced Strawberry)	●	\$2.50
Popper Juice (Apple, Apple Blackcurrant, Orange Mango, Paradise Punch)	●	\$1.80
Water 600ml	●	\$2.00

### FROZEN CHOICES

Apple Blackcurrant Frozen Fruit Cup	●	\$1.50
Chocolate Moosies	●	\$2.00
Frozen Berry Yoghurt Cup	●	\$2.50
Ice Mony (Lemon Ice, Sour Strawberry, Sour Watermelon, Tropical Tornado)	●	\$1.50
Juicies Tube (Tropical)	●	\$1.80
Mango Fruit & Yoghurt Iceblock	●	60c
Quelch Fruit Stick (Apple Berry & Tropical)	●	\$1.00

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

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