



Caringbah North Public School Canteen

Term 1, 2025
SUMMER 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	
Banana & Sultana Muffin ●	\$2.20
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
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

SANDWICHES, WRAPS & ROLLS

Margarine ONLY (GF) ●	\$1.50
Baked Beans ●	\$3.20
Cheese - Tasty (GF) ●	\$3.50
Cheese - Tasty & Salad (GF) ●	\$4.50
Egg (Plain) (GF) ●	\$4.00
Egg & Salad (GF) ●	\$5.00
Ham & Cheese (Tasty) (GF) ●	\$4.30
Ham, Cheese (Tasty) & Tomato (GF) ●	\$4.50
Honey (GF) ●	\$2.20
Meat (Chicken, Ham or Tuna) - Plain (GF) ●	\$5.00
Meat (Chicken, Ham or Tuna) - Salad (GF) ●	\$6.00
Salad (Lettuce, Tomato, Carrot, Cucumber & Beetroot) (GF) ●	\$4.50
Spaghetti ●	\$3.20
Vegemite (GF) ●	\$2.20
Wrap & Roll	\$1.00
Gluten Free Bread	\$1.20

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

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

DUMPLINGS

Chicken & Mushroom (3 pieces) ●	\$3.20
Pork & Chives (3 pieces) ●	\$3.20
Vegetarian (3 pieces) ●	\$3.20
Sauce (BBQ / Soy / Sweet Chilli / Tomato) ●	40c

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

DRINKS

Cold Milo ●	\$2.00
Juice Bomb (Apple Raspberry, Lemonade, Orange Passio, Watermelon) ●	\$2.20
Oak Milk (Chocolate, Strawberry) ●	\$2.70
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
Slushie (Fruit Burst, Green Apple, Strawberry) ●	\$2.20

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.