



Narrabri Public School Canteen Winter Menu



HELPERS ARE ALWAYS WELCOME AT THE CANTEEN!

Drop in or call on 67921925
FOLLOW us on FACEBOOK and stay up to date on any specials or news

We are committed as a canteen to provide and follow the Healthy Schools Canteen Guidelines

(E) Everyday Food Choices
(O) Occasional Food Choices

BEFORE SCHOOL

Toast with Jam or Vegemite – 50c (E)
Frozen Yoghurt – \$2.50 (E)(GF)
Fruit – \$1.00 – \$1.20 per piece (E)
Fruit Salad Cups – \$1.00 (E)
Hash Brown Triangle E \$0.50

DRINKS

Water – \$1.50 (E)
Moove Milk Choc or strawberry – \$2.00 (E)
Plain Milk – \$1.50 (E)
Milkshakes – \$2.00 (E) choc, strawberry, vanilla, caramel
Juices – \$2.00 (E) orange or apple
Slushie – \$2.00 (O)

HOT LUNCHES

4 x Chicken Nuggets – \$3.00 (O) (GF Available on request)
6 x Chicken Nuggets – \$4.50 (O) (GF Available on request)
Chicken Twister – \$4.00 (O) chicken tender, lettuce & mayo on a wrap
Lasagna – \$5.00 (E)
Fried Rice (O), (GF) – \$4.50
Quiche & Salad (E) – \$5.00 (GF Available of request)
Potato Bake (E) (GF) = \$5.00
EXTRAS – Tomato, BBQ or Sweet & Sour sauces 30c each

HOT OPTIONS AVAILABLE ONCE PER WEEK

MONDAY – Sausage Rolls – \$3.50 (O)
TUESDAY - Pie – \$4.00 (O) or GF Pie – \$4.80 (O)
WEDNESDAY – Pizzas on a muffin base (E) - Ham & Pineapple – \$2.50 or Cheese & Ham – \$2.00 GF available on request.
THURSDAY - Hot Dog & sauce – \$3.00 or with Cheese –\$3.50 (O) GF available on request.
FRIDAY - Nachos Day \$5.00

HOT RECESS OPTIONS – ORDERS ONLY

4 x Chicken Nuggets – \$3.00 (O) (GF Available on request)
6 x Chicken Nuggets – \$4.50 (O) (GF Available on request)
Hash Brown Triangles (E) – 50c each
Cheese Bun – \$1.50

COLD LUNCHES

SANDWICHES

Vegemite or Jam – \$2.00 (E)
Cheese – \$2.50 (E)
Ham – \$3.00 (E)
Egg – \$3.00 (E)
Egg & Lettuce – \$3.50 (E)
Ham & Cheese – \$3.50 (E)
Ham & Salad – \$5.50 (E) lettuce, tomato, cucumber, carrot & beetroot
Chicken – \$4.00 (E)
Chicken & Salad – \$5.50 (E) lettuce, tomato, cucumber, carrot & beetroot
EXTRAS: Toasted 50c Wrap \$1.00 GF \$1.00

SALAD TUBS

Lettuce, Tomato, cucumber, carrot & beetroot – \$5.00 (E) (GF)
EXTRAS: Ham \$1.00 Chicken \$1.00 Tuna \$1.00 Cheese 50c Egg 50c

DAILY SNACKS

Freshly Made Popcorn – \$0.50 (E)
Fruit – \$1.00 – \$1.20(E)
Fruit Salad Cups – \$1.00 (E)
Jelly Cups – 1.00c (O)
Slinky Apple – \$1.00 (E)
Redrock Chips – \$1.50 (O) (GF)
Cheese & Crackers \$1.00 (E)

FROZEN SNACKS

Moosies – \$1.20 (O)(GF)
Slushies – \$2.00 (O)
Frozen Yoghurt – \$2.50 (E) (GF)
Queich Stick – (E) (GF) 50c

General Information

- ✓ All orders must be in by 9.20am
- ✓ Please DO NOT ask for credit, as refusal often offends.
- ✓ Fresh Ham & Chicken meat available

Any late orders will have a choice of sandwich only.
Lunch orders are delivered to classrooms.
Canteen closed for recess (2nd break) Mon Tue Wed.