



Narrabri Public School Canteen Summer 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)
- 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

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)

- 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 – 80c (O)
- Slinky Apple - \$1.00 (E)
- Redrock Chips - \$1.50 (O) (GF)
- Cheese & Crackers \$1.00 (E)
- Snaps - \$1.50 (O) (GF)
- FROZEN SNACKS**
- Moosies - \$1.20 (O)(GF)
- Slushies - \$2.00 (O)
- Frozen Yoghurt - \$2.50 (E) (GF)
- Quelch Stick – (E) (GF) 50c

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

General Information

- ✓ All orders must be in by 9.20am
- ✓ Please DO NOT ask for credit, as refusal often offenders.
- ✓ 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.