



NARARA PUBLIC SCHOOL CANTEEN MENU 2023



Contact-Canteen Manager: Nicola Ford 0418 238 775 or 43283024
Canteen Open Wednesday, Thursday and Friday from 8.00am to 2pm.

Canteen Orders ONLY Online via Sentral Parent Portal

Orders close by 8.30am

We follow the **NSW Healthy Schools Canteen Strategy**. We are Nut Free and Egg free where possible.

Volunteers are always needed and welcomed.

SANDWICHES-available at 1st break

Vegemite	\$2.20
Cheese	\$2.40
Ham, Chicken, Tuna	\$3.40
Salad	\$4.20
Ham & Cheese	\$3.50
Ham, Cheese & Tomato	\$4.40
Chicken, Lettuce & Mayo	\$4.80
Tuna, Lettuce & Mayo	\$4.40
Meat & Salad	\$4.80
Toasted	FREE
Gluten Free bread options <i>(on request only)</i>	\$1.00

SALAD BOWL (GF) \$4.50
Lettuce, tomato, carrot, cucumber, cheese

Add Ham, Chicken \$1.50

(GF) Gluten Free (V) Vegetarian

**SNACKS-available at 2nd break -afternoon tea-
purchase from counter with cash and on
parent portal.Orders can be cancelled before
8.30am on the Sentral Parent Portal.**

HOT FOOD ITEMS-available at 1st break-lunch

Chicken Breast Nuggets	\$4.80
5 pieces <i>(NOT sold individually)</i> <i>GLUTEN FREE NUGGETS AVAILABLE</i>	
Hot Cheese & Ham Roll	\$2.70
Low Fat Plain Pie	\$4.80
Low Fat Sausage Roll	\$3.60
Hot Chicken Tender Wrap	\$4.90
<i>Lettuce, carrot, cheese, mayo or sweet chilli sauce</i>	
Chicken Burger <i>Lettuce & mayo</i>	\$4.80
Beef Burger <i>Lettuce, cheese, tomato & sauce</i>	\$4.90
Homemade Beef Nachos (GF)	\$5.30
Vegetarian Nachos (GF, V)	\$4.50
Homemade Bolognese (GF)	\$4.80
Sushi-Tuna and Vegetarian (GF)	\$3.60
With Soy sauce (GF available)	
Meatball Sub	\$5.00
Meatballs in passata sauce with cheese(optional)	
Toasted Mexican wrap	\$5.40
Nacho meat with cheese, sour cream, avocado, salsa (options)	

DAILY HOMEMADE AFTERNOON ITEMS

From 50 cents to \$2.50 fresh items made daily

Whole fresh fruit	\$1.00
Low Fat Choc Mousse (GF)	\$1.50
Low Fat Yoghurt (GF)	\$1.50
Low Fat Custard	\$1.00
Large Popcorn (GF)	\$1.00

DRINKS

Spring Water 600ml	\$2.00
Popper Juice 250ml	\$2.60
Milk Poppers	\$3.00

ICEBLOCKS

Juicies (GF)	\$1.50
Large Ice Block (GF)	\$1.50
Juicie Tube (GF)	\$2.00

EXTRAS

Additional Fork/Spoon	\$0.20
Sauce.....	\$0.50

**Lunch orders-Bottled drinks will be place with
placed in class baskets.**

Break times-

1st break-lunch .11am ONLINE ORDERS

ONLY(no buying)

**2nd break-1-1.30pm Afternoon tea-buying
time and online orders.**

