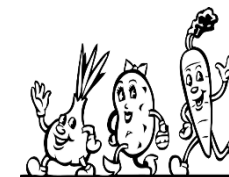




NARARA PUBLIC SCHOOL CANTEEN MENU 2021



Canteen Manager: Nicola Ford 0418 238 775

Canteen Open Monday, Wednesday, Friday from 8.00am to 2pm.

Canteen Orders ONLY Online via FLEXISCHOOLS (www.flexischools.com.au) or flexibuzz app

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. Please speak with Nicola to help our school community

SANDWICHES-available at 1st break

Vegemite	\$2.00
Cheese	\$2.00
Ham, Chicken, Tuna	\$3.00
Salad	\$3.50
Ham & Cheese	\$3.50
Ham, Cheese & Tomato	\$4.00
Chicken, Lettuce & Mayo	\$4.50
Tuna, Lettuce & Mayo	\$4.00
Meat & Salad	\$4.50
Toasted	FREE
Gluten Free bread options <i>(on request only)</i>	\$1.00

SALAD BOWL (GF) \$4.00

Lettuce, tomato, carrot, cucumber, beetroot & corn kernels

Add Ham, Chicken, Cheese \$1.00

(GF) Gluten Free (V) Vegetarian

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	\$2.50
Low Fat Plain Pie	\$3.50
Low Fat Sausage Roll	\$2.60
Hot Chicken Tender Wrap	\$4.50
<i>Lettuce, carrot, cheese, mayo or sweet chilli sauce</i>	
Chicken Burger <i>Lettuce & mayo</i>	\$4.50
Beef Burger <i>Lettuce, tomato & sauce</i>	\$4.50
Homemade Beef Nachos (GF)	\$5.00
Vegetarian Nachos (GF, V)	\$4.00
Homemade Bolognese (GF)	\$4.50

SNACKS-available at 2nd break afternoon tea purchase from counter and on Flexischools

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

DAILY HOMEMADE AFTERNOON ITEMS

From 50 cents to \$2.00

DRINKS

Spring Water 600ml	\$2.00
Popper Juice 250ml	\$2.60
Milk Poppers	\$3.40
Tropical SLUSH (GF)	\$2.00
ICEBLOCKS	
Juicies (GF)	\$1.00
Large Ice Block (GF)	\$1.00
Juicie Tube (GF)	\$1.50

EXTRAS

Additional Fork/Spoon	\$0.10c
Sauce.....	\$0.40

Lunch orders-Bottled drinks will be placed 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