

# CANTEEN MENU

The canteen opens at 8:30am Monday and Thursday mornings for placement of all lunch orders. No orders on Friday please! Pick up some bags and pre-write orders to save time!



Since 1899  
Honour, Loyalty and Duty

## RECESS • MONDAY + FRIDAY

### A VARIETY OF HOT AND COLD SNACKS 40c - \$1.00

Recess items are not pre-ordered and can be purchased at the canteen.

<b>G</b> Apple Slinky	70c
Or bring your own apple and we will slice and core it	
	20c

## DRINKS • MONDAY + FRIDAY

<b>G</b> Plain Milk 225ml Hilo	\$1.50
<b>G</b> Flavoured Milk	\$2.20
Chocolate, Banana, Strawberry, Choc-mint	
<b>A</b> Nudie Juice	\$1.80
Orange, Apple, Tropical,	
<b>G</b> Waterboys Water 600ml	\$1.20

## AFTER LUNCH • MONDAY + FRIDAY

<b>G</b> Yogo Chocolate - light	\$2.00
<b>G</b> Yoghurt	\$2.00
<b>G</b> Frozen Pineapple Ring	50c
<b>A</b> Golden Circle Juicy Fruit Stick	\$1.00
<b>A</b> Paddlepop	\$1.80
Chocolate, Triple Swirl	
<b>A</b> Moosies	\$1.50
Chocolate, strawberry, blue moon, banana, lime.	
<b>A</b> Froyo 2 Go Frozen Yogurt - Gluten free	\$2.00
Cake batter, Mango(Lactose free), Mountain berry, Cookies N cream, Salted Caramel, New York Cheese Cake	

## FRUIT

<b>G</b> Fresh Fruit Salad Tub	\$3.50
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Canteen Manager **Jennifer Fagerstrom 0433 728 107** -  
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## LUNCH • MONDAY + FRIDAY

### TOASTED SANDWICHES

Gluten free option available Monday + Friday (extra charge of \$1)

<b>G</b> Cheese	\$3.00
<b>G</b> Cheese & Pineapple	\$3.40
<b>A</b> Ham	\$3.00
<b>A</b> Ham & Cheese	\$3.40
<b>G</b> Ham & Cheese & Tomato	\$3.60
<b>G</b> Cheese & Tomato	\$3.20
<b>G</b> Chicken & Mayo	\$3.90
<b>G</b> Tuna and Mayo	\$3.90

### SANDWICHES, ROLLS OR WRAPS

Sandwiches are wholemeal. Gluten free sandwiches and wraps are available on Monday + Friday at extra charge of \$1

	S/W	Roll/Wrap
<b>G</b> Vegemite	\$1.60	\$1.80
<b>G</b> Egg/Curried Egg	\$2.60	\$2.80
<b>G</b> Salad	\$2.40	\$2.60
<b>G</b> Cheese	\$2.70	\$2.90
<b>A</b> Ham	\$2.80	\$3.00
<b>A</b> Chicken	\$3.60	\$3.80
<b>G</b> Chicken & Salad	\$3.80	\$4.00
<b>G</b> Tuna & Salad	\$3.80	\$4.00
<b>G</b> Cheese & Salad	\$3.50	\$3.60
<b>G</b> Ham & Salad	\$3.80	\$4.00

	1/2 Roll	Full
<b>G</b> Hot Chicken & Mayo Roll	\$2.00	\$4.00

### EXTRAS

<b>G</b> Tomato, Lettuce, Cucumber, Carrot	30c
<b>G</b> Pineapple, Cheese	40c
<b>G</b> Egg	50c
<b>G</b> Avocado	60c
<b>A</b> Mayonnaise	40c
<b>A</b> Tomato sauce sachet	50c

# TERM 2/3 - 2017

## LUNCH • MONDAY SPECIALS

### PASTA & NACHOS

<b>G</b> Twista Bolognese	\$4.70
<b>G</b> Beef lasagne	\$4.70
<b>G</b> Plain Pasta	\$2.50
<b>G</b> Mac & Cheese (vegetarian)	\$4.70
<b>A</b> Nachos (vegetarian)	\$4.50

## LUNCH • FRIDAY SPECIALS

<b>G</b> <b>HOT DOG MEAL DEAL w/SAUCE</b>	\$5.50
includes: an apple & plain milk with a sippah straw assorted flavours.	
<b>G</b> <b>CHICKEN NUGGETS MEAL DEAL</b>	\$5.50
includes: an apple & plain milk with a sippah straw assorted flavours.	

### SUSHI

Chicken, Crispy Chicken, California Roll, Tuna, Vegetarian or Combination

<b>G</b> 4 piece	\$4.50
<b>G</b> 6 piece	\$6.00
<b>G</b> 2 piece, Rice Paper Roll (Crispy Chicken and Vegetarian)	\$4.50

### PASTRIES

<b>A</b> Good eating snack pie	\$1.40
<b>A</b> Good eating pie	\$3.60
<b>A</b> Good eating potato top pie	\$3.60
<b>A</b> Good eating sausage roll	\$3.00
<b>A</b> Spinach & ricotta sausage roll	\$3.00

The NPPS canteen uses a system that categorise foods into a colour spectrum ranging from GREEN to AMBER to RED. RED food and drinks are not on the NPPS canteen menu.

**G = Green category foods are encouraged and should 'Fill the Menu'**

**A = Amber category foods should be selected carefully and eaten in moderation**