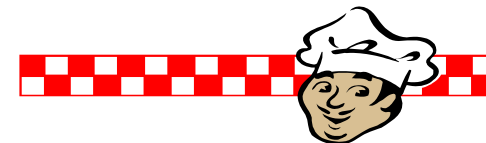


N.E.P.S. CANTEEN MENU



Term 1 2023

HOT FOOD

| | |
|---|--------|
| CHICKEN SCHNITZEL BURGER ☺ | \$6.00 |
| CHICKEN STRIP BURGERS ☺ | \$6.00 |
| Note: All burgers served on a multi-grain roll with lettuce, tomato, cheese & mayo. | |
| CHICKEN NUGGET ☺ | \$1.00 |
| LASAGNE ☺ | \$4.50 |
| MAC & CHEESE ☺ (V) | \$4.50 |
| SPAGHETTI ☺ | \$4.50 |
| WARM CHICKEN ROLL ☺ | \$4.00 |
| (with gravy or mayo or cheese) | |
| HOT DOG ☺ | \$3.00 |
| Little Boys No buns each | \$1.00 |
| MINI HOT DOG ☺ | \$2.00 |
| FANTASTIC NOODLES ☺ | \$2.50 |
| (Chicken only) | |
| 4 & 20 PIES ☺ | \$4.80 |
| 4 & 20 SAUSAGE ROLL ☺ | \$3.80 |

PIZZAS

| | |
|---------------------|--------|
| Ham and Pineapple ☺ | \$3.50 |
| Cheese and Bacon ☺ | \$3.50 |

VEGETARIAN MENU

| | |
|---------------------------|--------|
| Hot Dog ☺ | \$3.50 |
| Shrek Head (Salad roll) ☺ | \$5.50 |

SAUCES/ DRESSINGS

Tomato Sauce, 40 cents each

LUNCH ORDER DAYS THURSDAY & FRIDAY

ROLLS

| | |
|---|--------|
| MA NOOK chicken & salad(regular) ☺ | \$6.00 |
| Note: Rolls are multi-grain with lettuce, tomato, avocado, cheese, grated carrot & chicken. | |
| CHICKEN SUB, chicken, lettuce, mayo ☺ | \$4.00 |

WRAPS

| | |
|-------------------------------------|--------|
| Mini Chicken Wrap *Lettuce & Mayo ☺ | \$3.00 |
| Mini Chicken Salad Wrap ☺ | \$3.50 |
| *Lettuce, tomato, cheese & mayo | |
| NEW ! Chicken & salad bowl ☺ | \$5.50 |

TERM 1 & 4 Only

TOASTED SANDWICHES

| | |
|------------------|--------|
| Cheese ☺ | \$1.50 |
| Ham and Cheese ☺ | \$2.00 |

GLUTEN FREE Menu

| | |
|------------------------|--------|
| Cheese Toasty GF | \$2.00 |
| Cheese & Ham Toasty GF | \$2.50 |
| Nuggets GF | \$1.50 |
| Manook Sandwich GF | \$6.50 |
| Spaghetti GF | \$5.00 |

**Remember to put your
Name
Room number on your order**

DRINKS

| | |
|-------------------|--------|
| CHOCOLATE MILK ☺ | \$2.00 |
| STRAWBERRY MILK ☺ | \$2.00 |
| FRUIT JUICE BOX ☺ | \$1.50 |
| Orange or Apple | |

Minke Ice Drinks

| | |
|-----------------------------|--------|
| Small size only ☺ | \$2.50 |
| Assorted flavours available | |

ICECREAMS

| | |
|------------------------------------|--------|
| Frozen Yoghurt – assorted flavours | \$2.50 |
| Mini Calippo – Raspberry ☺ | \$1.50 |
| Icy Poles - Lemonade ☺ | \$1.50 |
| Frozen Fruit Skewers ☺ | \$1.00 |

Purchase only from Canteen over the counter. **CAN** be ordered in lunch orders.

SNACKS

| | |
|--------------------|--------|
| BUTTER POP CORN ☺ | 0.50c |
| HOT MILO in Winter | \$1.50 |
| ONLY Terms 2 & 3 | |

NEPS Canteen Healthy Eating Guide

Green ☺ = Always

Amber ☺ = Sometimes

Vegetarian V

Gluten Free GF

Parents Please Note: If your child writes out their own lunch order, **please check they have added up the cost of their order correctly and they have written their name and room number on the order.**

Students: Lunch orders are to be placed in the blue box in the classroom by 8.45am. Failure to do so may result in you only receiving a sandwich.