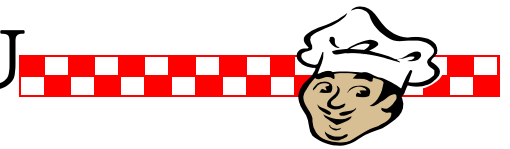


# N.E.P.S. CANTEEN MENU

## Term 4 2018



### HOT FOOD

CHICKEN BURGER ☺	\$5.00
CHICKEN STRIP BURGERS ☺	
-Sweet Chilli	\$5.00
-Plain	\$5.00

Note: All burgers served on a multi-grain roll with lettuce, tomato, cheese & mayo.

CHICKEN NUGGET ☺	0.80c
LASAGNE ☺	\$4.20
MAC & CHEESE ☺ (V)	\$4.20
SPAGHETTI ☺	\$4.20
SPINACH & RICOTTA ☺ (V)	
CANNELLONI	\$4.20
WARM CHICKEN ROLL ☺	\$4.00
(with gravy or mayo or cheese)	
HOT DOG ☹	\$3.00
MINI HOT DOG ☹	\$2.00
MAMEE NOODLES ☺	\$2.50
(Chicken only)	
MRS MAC PIES ☺	\$3.50
MRS MAC SAUSAGE ROLL ☺	\$2.80

### PIZZAS

Ham and Pineapple ☺	\$3.00
Cheese and Bacon ☺	\$3.00

### VEGETARIAN MENU

Hot Dog ☹	\$3.00
Shrek Head ( Salad roll) ☺	\$4.50

### SAUCES/ DRESSINGS

Tomato Sauce, BBQ sauce, 30cents Each.  
Mayonnaise , French dressing 30 cents Each

### LUNCH ORDER DAYS

### THURSDAY & FRIDAY

#### ROLLS

MA NOOK chicken & salad(regular) ☺	\$5.00
CHICKEN SUB, chicken, lettuce, mayo ☺	\$4.00
<i>Note: Rolls are multi-grain with lettuce, tomato, avocado, cheese, grated carrot &amp; chicken.</i>	

#### WRAPS

Mini Chicken Wrap *Lettuce & Mayo ☺	\$3.00
Mini Chicken Salad Wrap ☺	\$3.50
*Lettuce, tomato, cheese & mayo	
NEW ! Chicken & salad bowl ☺	\$4.50

#### TOASTED SANDWICHES

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

#### GLUTEN FREE Menu

Meat Pie GF	\$5.00
Cheese Toasty GF	\$1.50
Cheese & Ham Toasty GF	\$2.00
Nuggets GF	\$0.80
Manook Sandwich GF	\$4.80

**Canteen open for over the counter sales on only in TERMS 1 & 4 on Mon, Tues & Wed.**

### DRINKS

CHOCOLATE MILK ☺	\$1.70
STRAWBERRY MILK ☺	\$1.70
BOTTLE WATER Plain ☺	\$1.20
100% FRUIT JUICE BOX ☺	\$1.40

### Minke Ice Drinks

Small size only ☹	\$2.50
Assorted flavours available	

### ICECREAMS

Frozen Yoghurt - Mango & Watermelon, Chocolate & Vanilla ☺	\$2.50
Mini Calippo – Raspberry ☺	\$1.30
Icy Poles - Lemonade ☺	\$1.30
Frozen Fruit Skewers ☺	\$1.00

Purchase from Canteen over the counter.  
Can also be ordered in lunch orders.

### SNACKS

BUTTER POP CORN ☺	0.80c
RICE WHEELS (chicken) ☺	\$1.00

### NEPS Canteen Healthy Eating Guide

Green ☺ = Always  
Amber ☺ = Sometimes  
Red ☹ = Not Often  
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.