N.E.P.S. CANTEEN MENU
Term 1 2019

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
FANTASTIC NOODLES 😐 (Chicken only)	$2.50
MRS MAC PIES😐	$3.50
MRS MAC SAUSAGE ROLL 😐	$2.50

PIZZAS

Ham and Pineapple😐	$3.00
Cheese and Bacon😐	$3.00

VEGETARIAN MENU

Hot Dog☹	$3.00
Shrek Head (Salad roll) ☺	$4.20

SAUCES/ DRESSINGS

Tomato Sauce, BBQ sauce, French dressing all 30 cents each

LUNCH ORDER DAYS
THURSDAY & FRIDAY

ROLLS

MA NOOK chicken & salad(regular) ☺	$5.00
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 ☺	$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
BANANA MILK ☺	$1.70
BOTTLE WATER Plain ☺	$1.20
100% FRUIT JUICE BOX ☺	$1.40
Orange or Apple	

Minke Ice Drinks

Small size only ☹	$2.20

Flavours available –Tropical, Bubblegum, Cola, Grape, Strawberry, Raspberry, Lime

ICECREAMS

Frozen Yoghurt – assorted flavours Chocolate & Vanilla 😐	$2.20
Mini Calippo – Raspberry 😐	$1.20
Icy Poles - Lemonade 😐	$1.20
Frozen Fruit Skewers☺	$1.00

Purchase only from Canteen over the counter. Cannot be ordered in lunch orders.

SNACKS

BUTTER POP CORN 😐	0.80c

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.***