

# N.E.P.S. CANTEEN MENU

## Term 4 2019



### HOT FOOD

CHICKEN SCHNITZEL 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 ☺	\$4.50
MAC & CHEESE ☺ (V)	\$4.50
SPAGHETTI ☺	\$4.50
SPINACH & RICOTTA ☺ (V)	
CANNELLONI	\$4.50
WARM CHICKEN ROLL ☺	\$4.00
(with gravy or mayo or cheese)	
HOT DOG ☹	\$3.00
MINI HOT DOG ☹	\$2.00
FANTASTIC NOODLES ☺	\$2.50
(Chicken only)	
MRS MAC PIES ☺	\$4.00
MRS MAC SAUSAGE ROLL ☺	\$3.00

### 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, 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 ☺	\$5.00

#### TOASTED SANDWICHES

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

#### GLUTEN FREE Menu

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 ☺	\$1.00
100% FRUIT JUICE BOX ☺	\$1.40
<i>Orange or Apple</i>	

### Minke Ice Drinks

Small size only ☹	\$2.50
Assorted flavours available	

### ICECREAMS

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

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

### SNACKS

BUTTER POP CORN ☺	0.50c
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.