

# N.E.P.S. CANTEEN MENU

## Term 4 2021



### HOT FOOD

CHICKEN SCHNITZEL BURGER ☺	\$6.00
CHICKEN STRIP BURGERS ☺	
-Sweet Chilli	\$6.00
-Plain	\$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
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 ☺	\$4.50
MRS MAC SAUSAGE ROLL ☺	\$3.50

### PIZZAS

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

### VEGETARIAN MENU

Hot Dog ☺	\$3.00
Shrek Head ( Salad roll) ☺	\$5.00

### SAUCES/ DRESSINGS

Tomato Sauce, BBQ sauce, all 30 cents each

## LUNCH ORDER DAYS THURSDAY & FRIDAY

### ROLLS

MA NOOK chicken & salad(regular) ☺	\$6.00
<i>Note: Rolls are multi-grain with lettuce, tomato, avocado, cheese, grated carrot &amp; chicken.</i>	
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	
<b>NEW ! Chicken &amp; salad bowl</b> ☺	\$5.50

### 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	\$1.20
Manook Sandwich GF	\$5.80
Spaghetti GF	\$4.50

**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 ☺	\$1.50
<i>Orange or Apple</i>	

### Minke Ice Drinks

Small size only ☺	\$2.50
<i>Assorted flavours available</i>	

### ICECREAMS

<i>Frozen Yoghurt – assorted flavours</i>	
Chocolate & Vanilla ☺	\$2.50
Mini Calippo – Raspberry ☺	\$1.50
Icy Poles - Lemonade ☺	\$1.50
Frozen Fruit Skewers ☺	\$1.00

**Purchase only from Canteen over the counter. These can 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**  
**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.