



N AT ATS CANTEEN MENU



2021

CRUNCH & SIP \$2.00 Available Before 10am **Bottle Water & your choice of one from Cool snacks**

E= Everyday

O= Occasional

V= Vegetarian

H= Halal

<u>Tiger sandwiches</u>	<u>Wrappas</u>	<u>Burger Bar</u>	<u>Home made (every day)</u>
VH: Veg/jam/che spread E \$2.00 H: Egg \$3.50 H: Egg & lettuce or mayo E \$4.00 H: Tuna \$3.50 H: Tuna& lettuce or mayo E \$4.00 H: Roast chicken E \$4.00 H: Chicken, let & mayo E \$5.00 Leg ham \$4.00 Leg ham & cheese E \$4.50 Leg ham, cheese, tomato \$5.00 VH: Salad E \$5.00 Ham, salad E \$6.00 Chicken, salad \$6.00 <u>Rice paper rolls</u> VH: Vegetarian Carrot, cucumber, celery, capsicum Carrot, cucumber, capsicum H: Chicken or Tuna with Carrot, cucumber OR Celery, Capsicum <p style="text-align: center;">\$3.00 each with your choice of Soy sauce, sweet & sour sauce</p>	VH: Salad E \$5.50 H: Egg & salad E \$6.00 H: Roast chicken E \$4.50 H: Roast chick, let, mayo E \$6.00 H: Roast chicken & salad E \$6.50 Leg ham, cheese, tomato E \$5.50 Leg ham & salad E \$6.50 Roast chicken Caesar with bacon & cheese O \$6.00 <u>Salad Bar</u> VH: Salad cup E \$3.00 VH: Salad box E \$5.50 H: Pasta salad E \$4.00 Chicken pasta salad \$5.00 Chicken Caesar salad box O \$5.50 H: Egg salad box E \$5.50 Chicken salad box E \$5.50 Ham salad box \$5.50 H: 3 nuggets & salad box \$5.50 4 meatballs & salad box \$5.50 <p style="text-align: center;">Our school canteen Complies with the NSW Healthy school canteen Food & drink benchmarks</p>	Cheese , beef pattie E \$4.00 H: Chicken breast let, mayo O \$5.00 H: chicken breast E \$5.00 With lettuce & mayo & peri sauce H: Hawaiian E \$5.50 With chick breast, che, pineapple H: Roast chicken & cheese E \$5.00 V: Vegetable burger \$5.00 <u>Sauce sachet</u> Tom, bbq, sweet& sour, soy \$0.60 <u>Occasional foods</u> VH: Oven bake wedge \$3.00 VH: Oven bake spring rolls (4) \$2.50 VH: ½ Garlic bread \$1.80 VH: full garlic bread \$3.50 H: Premium breast nugget (1) \$1.00 2 pack party pies \$3.00 H: cup noodles \$3.00 H: Chicken hotdog \$4.00 H: Chicken tender wrap \$5.00 H: Spinach & feta roll \$3.50 Sausage roll \$3.50 Meatballs with cheese & sauce \$4.00	VH: Corn cob \$1.00 H: Chicken kebab stick \$3.50 Mash & gravy \$4.00 Chicken fried rice \$5.00 VH: mac & cheese \$5.00 V: Vegetarian lasagne \$5.00 H: Chicken lasagne \$5.00 H: Beef lasagne \$5.00 V: Vegetarian spag bol \$5.00 H: Chicken spag bol \$5.00 Beef spag bol \$5.00 H: Butter chicken & rice \$5.00 Teriyaki chicken noodle \$5.00 Spaghetti & meatballs \$5.00 V: Cheese pizza \$5.00 H: Chicken kebab wrap \$6.00 With let, tom, cheese & sauce 3 nuggets, mash & peas \$5.00 3 meatballs, mash & peas \$5.00

PLEASE NOTE - THE CANTEEN DOES NOT ACCEPT EFTPOS

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Cool snacks

E: Piece fruit	\$1.50
E: Fruit kebab	\$1.00
E: Melon wedge	\$1.00
E: Mixed fruit bag	\$1.00
E: orange bag	\$1.00
E: Carrot bag	\$1.00
E: Egg bag	\$1.00
E: Custard cone	\$1.00
E: Fruit cone	\$1.50
E: Fruit salad (Term1&4)	\$4.00



Snack attack

E: Mini muffin (2)	\$0.50
E: ½ bag popcorn	\$0.50
E: Full bag popcorn	\$1.00
H-O: Mamme Sticks	\$1.00
H-O: Mamme noodle	\$1.00

V= Vegetarian

Drinks

E: Water 600ml	\$2.00
E: Poppers 100%	\$1.60
E: Berri pop top juice	\$2.00
E: Juice bomb	\$2.50
E: Chill 100% juice	\$2.50
E: Plain milk	\$1.50
E: with sippah straw	\$2.50
E: Big M chocolate	\$2.50
E: Big M strawberry	\$2.50
E: Up & Go chocolate	\$3.00



H- Halal

**Lunch pack deals are available
From your canteen also from
Munch monitor on line ordering**

www.munchmonitor.com



Ice Blocks

E TNT Snaps	\$1.00
E: Quelch stick	\$1.00
E: 100% juice cup	\$1.00
E: TNT Mony	\$1.00

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Online orders can be made through the Munch Monitor App.