



**NARRABEEN LAKES PUBLIC SCHOOL**  
**HEALTHY CANTEEN PRICE LIST**  
**TERM 1, 2021**

Supervisors  
 Belinda Pettitt  
 Kristen McPherson  
 Tel: 9913 7077  
 Email:  
[Nlps.canteen@gmail.com](mailto:Nlps.canteen@gmail.com)

**RECESS ORDERS ONLINE EVERYDAY**

Frozen Orange (GF)	\$1.00
Piece of Fruit	\$1.00
Reg Fruit Salad (GF)	\$4.00
Reg Watermelon (GF)	\$3.00
Reg Grape (GF)	\$3.50
Carrot Sticks (GF)	\$1.00
Cucumber Sticks (GF)	\$1.00
Cheese, Crackers & Grapes (GF)	\$3.30
Snack Stix (Veggies) (GF)	\$3.00
Rice Crackers (Brown) (8) (GF)	\$1.00
Boiled Egg (in shell) (GF)	\$1.20
Muffin of the Week (Homemade)	\$1.20
½ Garlic Roll	\$1.00
Pizza Slice	\$1.00
½ Pizza Roll	\$2.00
Plain Popcorn – Salty (GF)	\$1.00
Sweet & Salty Popcorn (GF)	\$1.00
Grain Waves – Sour Cream & Chives	\$1.00
Messy Monkeys (various) (GF)	\$1.00

**RECESS DRINKS ORDERS ONLINE (except Friday)**

Nippy's Milk Strawberry (250ml)	\$2.50
Nippy's Chocolate Milk (250ml)	\$2.50
Milo (200ml)	\$2.00
Nudie Juice Orange (200ml)	\$2.00
Nudie Juice Tropical (200ml)	\$2.00
Nudie Juice Apple (200ml)	\$2.00

**RECESS SNACKS OVER THE COUNTER**  
**(items vary each day)**

Hot Pizza Roll	\$2.00
Homemade Pizza Slice	\$1.00
Quesadilla slice (variety of fillings)	\$1.00
Cheese melt	\$1.00
Hot Garlic Roll (1/2 roll)	\$1.00
Homemade Potato Wedges (GF)	\$1.00
Seasonal Fruit (GF)	\$1.00
Watermelon Slices (GF)	\$0.30
Melon skewers (GF)	\$0.50
Apple Slinky (GF) (Free with apple)	\$1.00
Custard Bowl with Fruit or plain (GF)	\$1.00
Pikelets (honey/jam/strawberries)	\$0.50
Hummus with Vegie sticks (GF)	\$1.00
Frozen Orange (GF)	\$1.00
Fruit Salad Cups (GF)	\$1.50
Muffin of the Week	\$1.20
Apricot and Oat Slice	\$0.50
Smart Cookies	\$0.50
Plain Popcorn – Salty (GF)	\$1.00
Sweet & Salty Popcorn (GF)	\$1.00
Grain Waves – Sour Cream & Chives	\$1.00
Messy Monkeys (various) (GF)	\$1.00

**RECESS DRINKS OVER THE COUNTER**

Nippy's Milk Strawberry (250ml)	\$2.50
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### LUNCH ORDERS ONLINE ONLY

#### AVAILABLE EVERYDAY

**SANDWICHES** – all on wholemeal bread  
(rolls & wraps add .50c, GF bread add \$1.00)

Make Your own	starts at	\$2.00
Jam (Strawberry)		\$1.80
Honey		\$1.80
Vegemite		\$1.80
Cheese & Vegemite		\$2.80
Cheese		\$2.20
Cheese & Tomato		\$2.40
Chicken		\$3.50
Chicken, Lettuce and Mayo		\$4.20
Chicken & Cheese		\$4.20
Chicken & Salad		\$6.00
Ham		\$2.50
Ham & Cheese		\$3.70
Ham, Cheese & Tomato		\$3.90
Ham & Salad		\$5.50
Salad		\$4.00
Avocado		\$2.50
Avocado & Salad		\$5.50
Tuna		\$3.00
Tuna & Salad		\$5.50
Tuna, Lettuce & Mayo		\$4.30
Egg		\$3.00
Egg & Lettuce		\$3.00
Curried Egg		\$3.20
Curried Egg & Lettuce		\$3.40

#### SALAD BOXES

(includes Lettuce, Tomato, Cucumber, Carrot & Beetroot)

Plain Salad Box	\$2.50
Chicken Salad Box	\$6.70
Egg Salad Box	\$6.20
Ham Salad Box	\$6.20
Pink Salmon Salad Box	\$7.50
Tuna Salad Box	\$7.00
French Vinaigrette Dressing	\$0.60
Balsamic Vinaigrette Dressing	\$0.60

**TOASTED SANDWICHES** – all on wholemeal Bread (GF add \$1.00)

Cheese	\$2.50
Cheese & Vegemite	\$2.70
Cheese & Tomato	\$2.80
Ham & Cheese	\$3.70
Ham & Tomato	\$3.30
Ham, Cheese & Tomato	\$4.30
Chicken & Cheese	\$4.20
Chicken, Cheese & Tomato	\$4.50

**TOASTED WRAP POCKETS** – folded wraps and toasted in sandwich press

Cheese	\$3.00
Cheese & Vegemite	\$3.20
Cheese & Tomato	\$3.30
Ham & Cheese	\$4.00
Ham & Tomato	\$3.80
Ham, Cheese & Tomato	\$4.80
Chicken & Cheese	\$4.70
Chicken, Cheese & Tomato	\$5.00

#### HOT FOOD OPTIONS

Hot Garlic Roll	\$2.50
Hot Garlic Roll (GF)	\$3.00
Hot Pizza Roll	\$4.20
Hot Pizza Roll (GF)	\$4.70
Hot Chicken & Cheese Roll	\$5.20
Hot Chicken & Cheese Roll (GF)	\$5.70
Hot Garlic & Cheese Roll	\$3.50
Hot Garlic & Cheese Roll (GF)	\$4.00



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**SNACKS**

Reg Fruit Salad (GF)	\$4.00
Lrg Fruit Salad (GF)	\$5.00
Reg Watermelon (GF)	\$3.00
Lrg Watermelon (GF)	\$4.00
Reg Grape (GF)	\$3.50
Frozen Orange (GF)	\$1.00
Frozen Pineapple (GF)	\$1.00
Mixed Vegie Box (GF)	\$3.00
Snack Stix (GF)	\$3.00
Cheese, Crackers & Grapes (GF)	\$3.50
Cheese, Crackers & Veg (GF)	\$3.50
Hummus, Carrots & Crackers (GF)	\$3.50
Hummus (GF)	\$1.50
Rice Crackers (Brown) (8)(GF)	\$1.00
Boiled Free Range Egg (in shell) (GF)	\$1.20
Plain Popcorn – Salty (GF)	\$1.00
Sweet & Salty Popcorn (GF)	\$1.00
Grain Waves – Sour Cream & Chives	\$1.00
Messy Monkeys (various) (GF)	\$1.00
Muffin of the Week (Homemade)	\$1.20
Twisted Frozen Yoghurt	
- Vanilla & Strawberry (GF)	\$2.50
- Chocolate & Vanilla (GF)	\$2.50
- Mango & Watermelon(GF)	\$2.50

**DRINKS**

Nippy's Strawberry Milk (250ml)	\$2.50
Nippy's Chocolate Milk (250ml)	\$2.50
Milo (200ml)	\$2.00
Nudie Juice Orange (200ml)	\$2.00
Nudie Juice Tropical (200ml)	\$2.00
Nudie Juice Apple (200ml)	\$2.00
Glee Sparkling Raspberry Juice	\$2.50
Glee Sparkling Tropical Juice	\$2.50
Glee Sparkling Blackcurrent Juice	\$2.50
Glee Sparkling Grape Juice	\$2.50
Glee Sparkling Sour Watermelon Juice	\$2.50
Glee Sparkling Sour Blueberry Juice	\$2.50
Glee Sparkling Sour Lime Juice	\$2.50



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**MONDAY**

Chicken Tender Wrap Sml	\$4.50
Chicken Tender Wrap Large	\$5.50
Chicken Tender	\$2.00
Chicken Tender (GF)	\$2.00
Junior Pie – Timbertown	\$2.70
Junior Sausage Roll – Timbertown	\$2.70
Sauce	\$0.40
Corn Cobette (GF)	\$0.80

**TUESDAY**

Mini Taco Boats (2)	\$5.00
Chicken Tender	\$2.00
Chicken Tender (GF)	\$2.00
Junior Pie – Timbertown	\$2.70
Junior Sausage Roll – Timbertown	\$2.70
Sauce	\$0.40
Corn Cobette (GF)	\$0.80

**WEDNESDAY**

Butter Chicken with Rice (GF)- Ready Made	\$5.00
Chicken Tender	\$2.00
Chicken Tender (GF)	\$2.00
Junior Pie – Timbertown	\$2.70
Junior Sausage Roll – Timbertown	\$2.70
Sauce	\$0.40
Steamed Basmati Rice	\$2.20
Corn Cobette	\$0.80

**SUSHI – Fridays**

Baby Box – Salmon (9 pieces)	\$4.00
Baby Box – Avocado (9 pieces)	\$4.00
Baby Box – Cucumber (9 pieces)	\$4.00
Baby Box – Tuna (9 pieces)	\$4.00
Baby Mixed (3 each of Avo, Cuc, Tuna)	\$4.00
Chicken Schnitzel	\$4.00
Chicken Schnitzel/Lettuce	\$4.00
Chicken Teriyaki/Lettuce	\$4.00

**THURSDAY**

Bolognaise Pasta Bake – Ready Made	\$5.00
Chicken Tender	\$2.00
Chicken Tender GF	\$2.00
Junior Pie – Timbertown	\$2.70
Junior Sausage Roll – Timbertown	\$2.70
Sauce	\$0.40

**FRIDAY**

Fish Burger (with or without lettuce, Tomato & cheese and choice of sauce)	\$5.10
Chicken Burger (with or without lettuce, tomato & cheese and choice of sauce)	\$5.00
Chicken Tender	\$2.00
Chicken Tender (GF)	\$2.00
Junior Pie – Timbertown	\$2.70
Junior Sausage Roll – Timbertown	\$2.70
Sauce	\$0.40



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**FROZEN ITEMS**

(Served over the counter after lunch)

**Juicies**

Tropical	\$1.00
Wildberry	\$1.00
Orange	\$1.00
Lemonade	\$1.00

**Moosies**

Chocolate	\$1.50
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**Quelch**

Tropical	\$1.00
Apple	\$1.00
Orange	\$1.00
Blackcurrent	\$1.00
Strawberry	\$1.00
Raspberry	\$1.00
Mango	\$1.00
Pineapple	\$1.00

**Mony**

Lemon	\$1.00
Chocolate	\$1.00

Snapstix	
Sour Grape	\$1.00
Pineapple	\$1.00

**Homemade**

Yoghurt Pops	\$0.50
Custard Pops	\$0.50
Strawberry Milk Pops	\$0.50
Chocolate Milk Pops	\$0.50
Apple/Blackcurrent Pops	\$0.50
Apple/Mango Pops	\$0.50
Frozen Pineapple	\$1.00
Frozen Orange	\$1.00