



NARRABEEN LAKES PUBLIC SCHOOL
HEALTHY CANTEEN PRICE LIST
TERM 1, 2019

Supervisors
 Belinda Pettitt
 Marina Cork
 Kristen McPherson
 Tel: 9913 7077
 Email:
Nlps.canteen@gmail.com

RECESS ORDERS ONLINE (except Friday)

Frozen Orange (GF)	\$1.50
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)	\$3.50
Snack Stix (Vegies) (GF)	\$3.00
Rice Crackers (Brown) (8)(GF)	\$1.00
Boiled Egg (in shell) (GF)	\$1.20
Muffin of the Week (Homemade)	\$1.50

RECESS DRINKS ORDERS ONLINE (except Friday)

Emma & Toms Strawberry Milk (250ml)	TBA
Emma & Toms Chocolate Milk (250ml)	TBA
Milo (200ml)	\$2.00
Plain Water (355ml)	\$1.00
Nudie Juice Orange (250ml)	\$2.00
Nudie Juice Tropical (250ml)	\$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
Hot Garlic Roll (1/2 Roll) (GF)	\$1.00
Homemade Potato Wedges (GF)	\$1.00
Potato Skins (cheese/ham) (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)	\$1.50
Fruit Salad Cups (GF)	\$1.50
Roasted Fav-va Beans	\$1.50
Muffin of the Week	\$1.50
Apricot and Oat Slice	\$0.50
Smart Cookies	\$0.50
Koala Popcorn – Salty (GF)	\$1.50
Koala Popcorn – BBQ (GF)	\$1.50
Messy Monkeys (various) (GF)	\$1.00

RECESS DRINKS OVER THE COUNTER

Emma & Toms Strawberry Milk (250ml)	TBA
Emma & Toms Chocolate Milk (250ml)	TBA
Milo (200ml)	\$2.00
Plain Water (250ml)	\$1.00
Nudie Juice Orange (250ml)	\$2.00
Nudie Juice Tropical (250ml)	\$2.00

Narrabeen Lakes Public School Canteen

Everyday items
 Occasional items



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LUNCH ORDERS ONLINE ONLY

AVAILABLE EVERYDAY

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

Vegemite	\$1.60
Cheese	\$2.20
Cheese & Vegemite	\$2.80
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 & 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	\$2.70
Egg & Lettuce	\$3.00

SALAD BOXES

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

Make Your Own Options available

Plain Salad Box	\$2.50
Chicken Salad Box	\$6.70
Egg Salad Box	\$6.20
Tuna Salad Box	\$7.00
Ham Salad Box	\$6.20
Pink Salmon Salad Box	\$7.50
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 (not GF)	\$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

HOT FOOD OPTIONS

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

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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)	\$1.50
Frozen Pineapple (GF)	\$1.00
Mixed Vegie Box (GF)	\$3.00
Snack Stix (GF)	\$3.00
Cheese, Crackers & Grapes (GF)	\$3.50
Hummus, Carrots & Crackers (GF)	\$3.50
Hummus (GF)	\$1.00
Rice Crackers (Brown) (8)(GF)	\$1.00
Boiled Free Range Egg (in shell) (GF)	\$1.20
Roasted Fav-va Beans (GF)	\$1.50
Koala Popcorn – Salty (GF)	\$1.50
Koala Popcorn – BBQ (GF)	\$1.50
Messy Monkeys (various) (GF)	\$1.00
Muffin of the Week (Homemade)	\$1.50
Twisted Frozen Yoghurt	
- Vanilla & Strawberry (GF)	\$2.50
- Chocolate & Strawberry (GF)	\$2.50

DRINKS

Emma & Toms Strawberry Milk (250ml)	TBA
Emma & Toms Chocolate Milk (250ml)	TBA
Milo (200ml)	\$2.00
Plain Water (250ml)	\$1.00
Nudie Juice Orange (250ml)	\$2.00
Nudie Juice Tropical (250ml)	\$2.00
Glee Sparkling Raspberry Juice	\$2.50
Glee Sparkling Tropical Juice	\$2.50
Glee Sparkling Blackcurrent Juice	\$2.50



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SUSHI – Monday & Fridays

Edamame	\$3.50	Chicken Schnitzel	\$4.00
Inari Box (2 pieces)	\$4.00	Chicken Schnitzel /Lettuce	\$4.00
Baby Box – Avocado (9 pieces)	\$4.00	Tuna	\$4.00
Baby Box – Cucumber (9 pieces)	\$4.00	Tuna/Avocado	\$4.00
Baby Box – Tuna (9 pieces)	\$4.00	Tuna/Cucumber	\$4.00
Baby Mixed (3 each of above)	\$4.00	Salmon/Avocado	\$4.00
Chicken Teriyaki	\$4.00	Salmon/Cucumber	\$4.00
Chicken Teriyaki/Avocado	\$4.00	Chicken Rice Paper Rolls	\$4.00
Chicken Teriyaki/Lettuce	\$4.00		

MONDAY

Flame Grilled Chicken Breast with Lettuce & choice of sauce) \$4.50

TUESDAY

Pulled Pork Sliders with coleslaw	\$5.00
Thai Fried Rice with Chicken	\$5.20
Corn Cobette (GF)	\$0.80
Chicken Tender	\$2.00
Chicken Tender (GF)	\$2.00
Magnificent 7 Pie (7 hidden Vegies)	\$5.00
Sauce	\$0.40

WEDNESDAY

Butter Chicken with Basmati Rice (GF)	\$5.00
Thai Fried Rice with Chicken	\$5.20
Corn Cobette	\$0.80
Steamed Basmati Rice	\$2.20
Chicken Tender	\$2.00
Chicken Tender (GF)	\$2.00
Magnificent 7 Pie (7 hidden vegies)	\$5.00

THURSDAY

Pasta Bolognese	\$5.00
Pasta Bolognese GF	\$5.00
Pasta Napoletana	\$4.50
Pasta Napoletana GF	\$4.50
Mac & Cheese (GF)	\$5.00
Thai Fried Rice with Chicken	\$5.20
Corn Cobette (GF)	\$0.80
Chicken Tender	\$2.00
Chicken Tender GF	\$2.00

FRIDAY

Fish Burger (with or without lettuce, tomato and choice of sauce)	\$5.10
Chicken Burger (with or without lettuce, tomato & cheese and choice of sauce)	\$5.00
Beef Burger (with or without lettuce, tomato and cheese and choice of sauce)	\$5.00

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FROZEN ITEMS

(Served over the counter after lunch)

Juicies

Tropical	\$1.20
Wildberry	\$1.20
Orange	\$1.20
Lemonade	\$1.20

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

Homemade

Yoghurt Pops	\$0.50
Custard Pops	\$0.50
Strawberry Milk Pops	\$0.50
Chocolate Milk Pops	\$0.50
Apple/Blackcurrent Pops	\$0.50

Frozen Pineapple	\$1.00
Frozen Orange	\$1.50