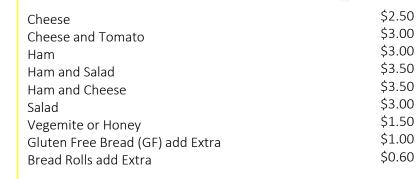
Caringbah Public School – Canteen Menu 2018 – Open Tuesday – Friday

Hot Food

FREE Fresh Fruit

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Macaroni Cheese	\$3.50
Twista Pasta Bolognese	\$3.50
Chicken Tenderloins	\$1.50
Torpedo Roll – Lettuce, Mayonnaise, Chicken Tenderloin	\$3.00
Burger – Chicken Fillets, Lettuce, Tomato, Mayonnaise	\$4.50
Cheese and Bacon Roll (Fresh from Bakery)	\$1.50
Corn on Cob (GF)	, \$0.80
Nacho Dippers (GF)	\$4.00
Beef Steak Meat Pie	\$3.00
Sausage Roll	\$2.50
Chicken Noodles	\$2.50
Garlic Bread (Fresh on long white roll)	, \$1.50
Pizza – Ham and Pineapple	\$2.00
Tomato Sauce	, \$0.30
Sandwiches	
Served on Wholemeal Bread	
Toasted (Please write on lunch order)	



Counter Sales at Lunch and Recess

Vegetable Sticks (GF)	\$0.50
Banana Bread:	
- Half Slice	\$1.50
- Full Slice	\$2.50
Frozen Fruit (GF)	\$0.40
Bread Sticks	\$0.10
Chop Chip Cookie	\$0.80
Popcorn (GF)	\$1.00
Pretzels	\$1.00
Chips: Sea Salt (GF) / Honey Soy	\$1.20
Custard Cups	\$0.80
Jatz Crackers	\$0.40
Sun Fruits	\$0.50
Slinky Apple from Home	\$FREE

Sushi Wednesday

Teriyaki Beef, Teriyaki Chicken, Avocado, Tuna \$3.00

Salads				
Ham Salad Box	\$5.00			
Tuna Salad Box	\$5.00			
Chicken Salad Box	\$5.00			

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Drinks

Moove Chocolate Milk	\$1.50
Fruit Juice Popper	\$1.20
Spring Water	\$1.50
Juice Bombs (100% Sparkling Fruit Juice)	\$2.00
- Apple Blackcurrant or Apple Raspberry	

Frozen Treats

Twisted Frozen Yoghurt (GF) - Mango/Watermelon OR Strawberry/ Vanilla	\$2.00
Frozen Juice Cup - Apple Blackcurrant	\$1.00
Lemonade Ice Block (GF)	\$1.00
Frozen Juice Bar - Tropical (GF)	\$1.00
Moosies (Milk Freeze)(GF)	\$1.00
- Strawberry / Chocolate	
Frozen Fruit (GF)	\$0.40
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To Order

- 1. Place Online Order at www.flexischool.com.au by 9.00am
- 2. OR write your Child's Name and Class on an order bag
- 3. Place the order in the box outside the office before school
- 4. Ice blocks, noodles are given a slip for your child to collect directly from the canteen staff
- 5. Lunch Order Bags are \$0.20 Extra (No Plastic)
- 6. GF = Gluten Free
- 7. Canteen Closed Monday's