

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

FREE
Fresh
Fruit

Hot Food

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 (<i>Fresh from Bakery</i>)	\$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 (<i>Fresh on long white roll</i>)	\$1.50
Pizza – Ham and Pineapple	\$2.00
Tomato Sauce	\$0.30



Sandwiches

Served on Wholemeal Bread
Toasted (*Please write on lunch order*)

Cheese	\$2.50
Cheese and Tomato	\$3.00
Ham	\$3.00
Ham and Salad	\$3.50
Ham and Cheese	\$3.50
Salad	\$3.00
Vegemite or Honey	\$1.50
Gluten Free Bread (GF) add Extra	\$1.00
Bread Rolls add Extra	\$0.60

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

Drinks

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

Frozen Treats

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



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

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