



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

Supervisors
 Belinda Pettitt
 Kristen McPherson
 Tel: 9913 7077
 Email:
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 (Vegies) (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
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



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LUNCH ORDERS ONLINE ONLY

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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



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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 Basmati Rice (GF)	\$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

Spaghetti Bolognese	\$5.00
Gluten Free Spaghetti Bolognese	\$5.30
Bolognese Sub	\$4.50
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

Chicken Teriyaki No Lettuce	\$4.00
Chicken Teriyaki/ Avocado	\$4.00
Tuna	\$4.00
Tuna/Avocado	\$4.00
Tuna/Cucumber	\$4.00
Salmon/Avocado	\$4.00
Edamame	\$3.50
Chicken Rice Paper Rolls (twin pack)	\$5.50



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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

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