

## Drinks

Chocolate Up & Go	\$2.20
Flavoured Milk (Chocolate or Strawberry)	\$2.20
Hot Chocolate (Terms 2 and 3 Only)	\$1.50
Chill J Juice(100% fizzy juice) (6 flavours)	\$2.20
Just Juice 100% (Apple or Orange)	\$1.50
Plain Water	\$1.20

## Ice Blocks & Ice Creams

Frozen Yoghurt (Mango/Watermelon)	\$2.20
Frozen Juice Cup (Apple or Orange or Apple Blackcurrant)	\$1.20
Moosies (Chocolate)	\$1.20
Quelch Fruit Tube (Apple, Blackcurrant, Strawberry or Raspberry)	\$1.00
Juicies (Tropical)	\$1.20
Snap Stix (4 flavours)	\$1.00
Low Fat Vanilla Ice Crea	\$1.00

The canteen is run by the Carlingford Public School P&C Association, and its continued operation relies on parental participation. We would like to invite you to join the team of volunteers

who assist. A volunteer roster is issued at the beginning of each term.

Please contact the canteen manager at [Canteen@carlingfordpspandc.org.au](mailto:Canteen@carlingfordpspandc.org.au) if you are able to help. If for some reason we do not have enough volunteers on the days of operation, the canteen will be closed.

If needed, cancellation of an order MUST be made to the canteen mobile (0493 422 188) by 9:25am on the day the order is required.

Lunch orders are to be placed online via QKR by 8:00am. Lunch orders are delivered to the classroom. Please note that items such as hot chocolates and ice creams will not be placed in lunch order bags. These must be collected at the counter. Throughout the year we will have specials available. Look out for specials posted on Class Dojo and at the canteen Window.



# Carlingford Public School Canteen



## Menu 2023

**Open Monday to Friday. Lunch orders are to be placed via QKR online by 8:00am. Over the counter sales at lunch time and afternoon tea for frozen and snack items.**

**All foods included on our menu are selected in compliance with the NSW Healthy Canteen Strategy. For more information please visit the Canteen section of the School Website.**

**Please be sure to check Class Dojo and the QKR! App for specials and new menu items.**

## Lunch – Hot Items

Beef Lasagne	\$4.50
Chicken Burger	\$5.50
<i>(Chargrilled chicken breast, lettuce, cheese and mayo)</i>	
Chicken Nuggets (4 or 6)	\$3.00/\$4.20
Dino Snacks (4 or 6) (H)	\$3.00/\$4.20
Fish Cocktails (5 pieces) (V)	\$4.00
Homemade Pizza	\$4.50
<i>(Cheese or BBQ Chick or Ham &amp; Pineapple)</i>	
Homemade Burrito	\$5.00
<i>(Mince, lettuce, tomato, cheese)</i>	
Hamburger	\$5.50
<i>(Beef burger patty, lettuce, tomato, beetroot, cheese and tomato sauce)</i>	
Macaroni & Cheese (V)	\$4.50
Meat Pie	\$4.20
Sausage Roll	\$3.50
Spaghetti Bolognese	\$4.00
Spinach & Ricotta Roll (V)	\$3.00
Vegetarian Burger (V)	\$4.50
<i>(Vegetarian patty, lettuce cheese &amp; mayo)</i>	
Rice and Seaweed	\$4.50
Dumplings	
<i>(Pork &amp; Chive, or Chicken &amp; Mushroom options)</i>	
	\$6.50
Stir Fry homemade noodles with chicken and vegetables	\$6.50
Fried Rice (GF)	\$4.50
Vegetarian Fried Rice	\$4.50
<b>Tomato Sauce Portions</b>	<b>\$0.20</b>

## Lunch – Cold Items

### Sandwiches

*Made fresh on the day, white or wholemeal bread. Can be toasted at your request*

Buttered Bread/Roll	\$1.50
Vegemite	\$2.50
Tasty Cheese	\$3.50
Egg	\$3.00
Chicken, Lettuce & Mayo	\$4.50
Chicken and Salad	\$5.00
Tuna	\$3.60
Salad	\$4.50
<i>(Extras add \$0.30 per item – tasty cheese, tomato, lettuce, carrot, beetroot, cucumber, mayo)</i>	
Salad Box	\$4.50
<i>(Lettuce, tomato, carrot, cucumber, cheese, beetroot and buttered bread)</i>	
Egg salad box	\$5.00
Chicken salad box	\$5.00
Tuna Salad Box	\$5.00

### Sushi (Available Thurs/Fri)

Teriyaki Beef or Chicken	\$4.20
Chicken Schnitzel	\$4.20
Tuna	\$4.20
Vegetarian Roll or Cucumber	\$4.20
Tempura Prawn	\$4.50
Baby Sushi (Tuna, Teriyaki Chicken, Cucumber, Avocado or Chicken Schnitzel)	

(9 pieces) \$3.50

## Afternoon Tea

Cheese sticks	\$1.20
Assorted Toasted English	\$1.20
Muffins	
<i>(Various toppings – Ham &amp; Cheese, Cheese, Cheese &amp; Tomato, Cheese &amp; Pineapple, Cheese &amp; Corn)</i>	
Pizza Scrolls	\$1.20
Breadsticks	\$0.10
Hash Brown	\$1.00
Potato Gems (5 per serve)	\$1.00

## Snacks

Cheese and Crackers	\$2.15
Fruit Cups	\$2.50
Slinky Apples	\$1.50
Frozen Orange Quarters	\$0.40
Popcorn	\$2.00
Veggie Energy Pack	\$2.40
<i>(Tomato wedges, carrot, cucumber)</i>	
Vanilla Yoghurt	\$2.15
<i>(added fresh fruit)</i>	
Snack Box	
<i>(Various options)</i>	
	\$3.00-\$3.60

## Birthday Buckets

(Seasonal, enough to share with your child's entire class)  
Fruit Icy Pole Birthday Bucket \$15.00

(H) Halal

(GF) Gluten Free

(V) Vegetarian option