

Carlingford Public School Canteen



Menu 2022

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.

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)	\$2.00
Just Juice 100% (Apple or Orange)	\$1.50
Plain Milk	\$1.50
Plain Water	\$1.20

Ice Blocks and Ice Creams

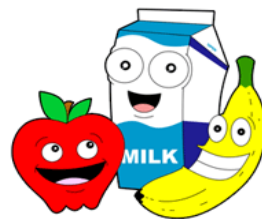
Frozen Fruit Juice Cubes (2) (Pineapple Juice or Apple Blackcurrant – minimum buy of 2; each additional 10c)	\$0.20
Frozen Yoghurt (Mango/Watermelon)	\$2.20
Frozen Juice Cup (Apple or Orange or Apple Blackcurrant)	\$1.20
Moosies (Chocolate)	\$1.00
Quelch Fruit Tube (Apple, Blackcurrant, Strawberry or Raspberry)	\$1.00
Juicies (Tropical)	\$1.20
Snap Stix (4 flavours)	\$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 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 office before 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 purchased over the counter. Throughout the year we will have specials available. Look out for specials posted on Class Dojo and at the canteen Window.



Lunch – Hot Items

Beef Lasagne	\$4.00
Chicken Burger	\$4.50
<i>(Chargrilled chicken breast, lettuce, cheese and mayo)</i>	
Chicken Nuggets (4 or 6)	\$2.80/\$4.20
Dino Snacks (4 or 6) (H)	\$2.80/\$4.20
Fish Cocktails (5 pieces) (V)	\$3.00
Homemade Pizza	\$4.450
<i>(Cheese or BBQ Chick or Ham & Pineapple)</i>	
Homemade Burrito	\$4.20
<i>(Mince, lettuce, tomato, cheese)</i>	
Hamburger	\$4.50
<i>(Beef burger patty, lettuce, tomato, beetroot, cheese and tomato sauce)</i>	
Macaroni & Cheese (V)	\$4.00
Meat Pie	\$3.80
Sausage Roll	\$3.00
Spaghetti Bolognese	\$4.00
Spinach & Ricotta Roll (V)	\$3.00
Vegetarian Burger (V)	\$4.00
<i>(Vegetarian patty, lettuce cheese & mayo)</i>	
Vegetarian Lasagne (V)	\$3.50
Dumplings	
<i>(Pork & Chive, or Chicken & Mushroom options)</i>	
	\$5.00
Stir Fry homemade noodles with chicken and vegetables	\$5.00
Fried Rice (GF)	\$4.80
Tomato Sauce Portions	\$0.20

Lunch – Cold Items

Sandwiches

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

Buttered Bread/Roll	\$1.20
Vegemite	\$2.00
Tasty Cheese	\$2.40
Egg	\$3.00
Chicken, Lettuce & Mayo	\$4.20
Chicken and Salad	\$4.50
Tuna	\$3.50
Salad	\$4.20
<i>(Extras add \$0.30 per item – tasty cheese, tomato, lettuce, carrot, beetroot, cucumber, mayo)</i>	
Salad Box	\$4.20
<i>(Lettuce, tomato, carrot, cucumber, cheese, beetroot and buttered bread)</i>	
Egg salad box	\$4.50
Chicken salad box	\$4.70
Tuna Salad Box	\$4.60

Sushi (Available Thurs/Fri)

California Roll	\$3.60
Teriyaki Beef	\$3.60
Teriyaki Chicken	\$3.60
Tuna	\$3.60
Vegetarian Roll (Cucumber)	\$3.60
Baby Tuna & Baby Teriyaki Chicken (9 pieces)	\$2.80

Afternoon Tea

Cheese sticks	\$0.60
Assorted Toasted English Muffins	\$1.00
<i>(Various toppings – Ham & Cheese, Cheese, Cheese & Tomato, Cheese & Pineapple, Cheese & Corn)</i>	
Pizza Scrolls	\$0.50
Egg heads	\$0.50
Breadsticks	\$0.10

Snacks

Cheese and Crackers	\$0.50
Fruit Cups	\$1.20
Slinky Apples	\$1.20
Frozen Orange Quarters	\$0.40
Warm Popcorn	\$1.00
Veggie Energy Pack	\$1.50
<i>(Tomato wedges, carrot, cucumber)</i>	
Greek Yoghurt	\$1.00
<i>(added fresh fruit)</i>	
Snack Box	
<i>(Golden Pikelet and apple slices)</i>	
	\$4.50

Birthday Buckets

<i>(Seasonal, enough to share with your child's entire class)</i>	
Popcorn Birthday Bucket	\$20.00
Fruit Icy Pole Birthday Bucket	\$15.00

(H) Halal

(GF) Gluten Free

(V) Vegetarian option