Salad Boxes

Caesar salad
- lettuce, bacon, croutons, parmesan & light dressing $4.00
- add freshly cooked chicken $1.00
- add a boiled egg $1.00

Super Salad
- lettuce, tomato, carrot, cucumber & cheese $4.00

Mega Meal Salad
- lettuce, tomato, carrot, cucumber, cheese, beetroot, pineapple $5.00
- add chicken, ham, tuna or egg $1.00

Sandwiches & Wraps

Sandwiches on wholemeal (unless white bread requested)
Add 50c for a wrap

Vegemite $2.00
Light ham $2.00
Cheese $2.00
Egg and mayo $2.00
Tuna and mayo $2.00
Ham & cheese $2.50
Chicken & mayo $3.00
Salad - lettuce, carrot, tomato, cucumber $2.50

add salad to any sandwich for $1

Hot Food (lunch)

Lean beef burger - lettuce, tomato & tomato sauce on a wholemeal roll $4.00
The works' burger - beef pattie, lettuce, tomato, cheese, beetroot, pineapple & tomato sauce $5.00
Lean chicken burger - freshly cooked chicken, lettuce, tomato & mayo on a wholemeal roll $4.00

Pizza melt - wholemeal base topped with light cheese & your choice of ham, tomato, pineapple or chicken $3.00

Chicken snack pack - freshly cooked chicken, carrot, cucumber, roll and sauce small $4.00 / large $5.00

Fish snack pack - oven baked fish, carrot, cucumber, roll and sauce $4.00

Check our whiteboard for daily specials!

All day snacks

Seasonal fruit from $1.00
Cut fruit & yoghurt from $1.00
Apple slinky $1.00
(or free with your own apple!)

Frozen yoghurt $2.00
Fruit juice cups 20c
Breadsticks 20c
Hot chocolate $1.00

Plain popcorn $1.00
Flavoured popcorn or JJs $1.20
Red Rock Deli sea salt chips $1.20

Lunch time only...

Ice blocks & ice creams from 50c
Slushie $1.50

Drinks

Flavoured milk - chocolate or strawberry $2.00
Water 350ml $1.00
Water 600ml $1.50
Juice - apple, tropical or orange $1.50

AMBER - WEDNESDAY ONLY

Meat pie $4.00
Sausage roll $3.00
Potato pie $4.00
Noodles (beef or chicken) $3.00
Mini meat or mini potato pie $1.50 ea
Hot dog and sauce $3.00
Chicken tender bite - plain or chilli $1.50
Chicken tender wrap - plain or chilli with lettuce, carrot and mayo $3.50
Chicken nuggets (3) $1.50 or (6) $3.00
Sauce - tomato, bbq or sweet & sour 20c

Quench - flavoured mineral water $2.00
North Rocks Public School Canteen

Term 1

Any suggestions?

We’re working hard to build a healthier and better canteen. We’re committed to a green rated menu based on the guidelines of the NSW Government. Any feedback or ideas from parents, teachers and students are very welcome.

We need your help!

Our canteen is an important part of the school community and only possible thanks to our wonderful volunteers! If you can spare any time to help out, we’d love you to join us for a cuppa, a chat and some easy food preparation! Your kids will love it too!

For more info, come and chat to us or contact:

Canteen Managers
Mel Eagleston 0439 443346
Gail Bicerra 0434 858 230

Opening Times
Our canteen is open Monday to Friday. We’re open at 8.15am for orders. Recess is 10.55am – 11.15am. Lunch is 12.40pm to 1.30pm

Remember...
* Lunch orders must be placed by 9.30am
* Please write a separate bag for hot and cold items
* Include child’s full name & class clearly on bag
* Bags with correct money can be left in the ‘no change’ bucket or see us at the counter for change!
* 30 lunch bags are $1.00

Combo Deal...
Add a 600ml water or 250ml fruit juice to any meal for $1.00 extra!