

Narrandera Public School Canteen Menu 2025



Fresh, Healthy options, Homemade where possible on a daily basis

Our canteen service is offered in keeping with the NSW Healthy School Canteen Strategy

	н	OT FOC	D, S	ANDWICHES, WRAPS, ROLLS	& SAL	ADS	(LUNC	H ORDER ONLY)			
SANDWICHES/WRAPS/ROLLS			HOT FOOD				BURGERS				
Vegemite		\$	2.50	Noodles - Beef		\$	2.00	Grilled Chicken Burger			
Cheese	V	\$	3.00	Noodles - Chicken		\$	2.00	- With Lettuce, Cheese &	*GF	\$	6.00
Egg	V	\$	3.00	Meat Pie		\$	4.50	Mayonnaise			
Chicken		\$	4.00	Sausage Roll		\$	3.50	<u>Hamburger</u>			
Ham		\$	4.00	Pizza Bread		\$	4.00	- With Lettuce, Tomato &	*GF	\$	6.50
Salad	V	\$	3.50	Chicken Nuggets (ea)	*GF	\$	0.70	Beetroot			
Ham Salad		\$	5.00	Chicken Curry w Rice	GF	\$	6.00	SALAD BOXES			
Chicken Salad		\$	5.00	Spaghetti Bolognese	*GF	\$	6.00	Rainbow Salad Box	V, GF	\$	5.00
Vegemite Scrolls		\$	2.00					- Your choice of up to 5 - 'ca	arrot, t	oma	ito,
- GF Bread (extra)	GF	\$	0.50	GOURMET WRAPS			cumber, lettuce, corn, celery, cheese				
- Toasted (extra)		\$	0.50	Chicken Caeser Wrap				+ Ham (extra)		\$	0.50
- Roll (extra)		\$	0.50	- Chicken, Lettuce,	*GF	\$	6.00	+ Chick (extra)		\$	1.00
- Wrap (extra)		\$	0.50	Bacon, Egg, Cheese & Caeser Sauce				+ Egg (extra)		\$	0.50
- Extra fillings		\$	0.50	Sweet Chilli Chicken Wrap				Caeser Salad		\$	5.50
GRAZING PLATES		- Chicken, Lettuce,	*GF	\$	6.00	SAUCES	SAUCES				
Crackers, Vege Stix, Chee	Crackers, Vege Stix, Cheese, Fruit \$ 5.00		5.00	Cheese & Sweet Chilli Sauce	2			Tomato, BBQ, S'n'S, Soy	*GF	\$	0.30

AKI	'S KITCHE	N THL	JRSDAY ONLY - (PRE-ORDE	R & PAY	DAY	BEFOR	RE AKA WEDNESDAY)		
		SUSH	II ROLLS				MEA	LS	
Terriyaki Chicken/Beef	\$	4.50	Vegetable	V, GF	\$	4.50	Chicken Fried Rice	*GF	\$ 6.50
Tuna & Mayo	\$	4.50	Poached Chicken & Avo	GF	\$	4.50	Bento Box		\$ 16.00
Chicken Cutlet	\$	4.50	Smoked Salmon	GF	\$	4.50	Beef Curry		\$ 6.50

DRINKS							SNACKS				
Chill J Sparkling				Just Juice (200ml)				Popcorn	GF	\$	0.50
- Apple	GF	\$	3.20	- Apple,		\$	2.00	Rice Crackers (5 of)	GF	\$	0.50
- Watermelon	GF	\$	3.20	- Pineapple		\$	2.00	COLD TREATS			
- Raspberry	GF	\$	3.20	- Orange		\$	2.00	Vanilla Cup	GF	\$	2.00
- Blackcurrant	GF	\$	3.20	Flavoured Milk				TNT	GF	\$	1.00
- Grape	GF	\$	3.20	- Chocolate	GF	\$	2.30	PaddlePops	*GF	\$	2.40
- Orange Passionfruit	GF	\$	3.20	- Strawberry	GF	\$	2.30	Fruit Icy Pole	GF	\$	0.60
Slushy (Small Cup)	GF	\$	1.50	Bottled Water (600ml)	GF	\$	2.00	CHIPS			
								Red Rock Sea Salt (28g)	*GF	\$	1.20

Daily Freshly Baked Snacks - Muffins/Slices/Quiche - Changing Flavours & Varieties - \$0.50c - \$2.00

Please download the flexischools app for online ordering

HELP US HELP THE ENIVORNMENT ** BYO CONTAINER DISCOUNT **

Bring your own container for our Grazing Plate or Salald Box Options and we will discount the price by 30c

GF = Gluten Friendly, V = Vegetarian, *GF = Gluten Friendly option available-please advise when ordering

SMARTER CHOICES - WHAT DOES THE COLOUR CODING MEAN?

EVERYDAY FOODS - These foods should be encouraged and are the best choices for a healthy diet.

OCCASIONAL FOODS - These foods should be selected carefully and chosen only occasionally.

Volunteer Helpers are always needed and will be made very welcome! We particularly need help on Friday Mornings which is our busiest day of the week starting from 8.45am. Even if you can only help for 30 mins, it wll make a huge difference.

It will give our Canteen Manager time to create a wider variety of fresh options for our children and staff!

We hope you enjoy our improved menu! Feedback is important so please let us know if we can improve.

We aim to stock all items at all times, occasionally this may not be possible, we apologise for any inconvenience.

Canteen Open Hours - 8:30am - 2:30pm Monday to Friday

Lunch Orders need to be placed by no later than 9am with Name & Class clearly written on the bag Phone: 02 6959 2144