



Terrigal Public School Canteen

Cool Summer Menu – Term 4, 2025 & 1, 2026

Open Mon – Fri from 8.30am

For information, please contact Lyn at the canteen



Recess

Veggie sticks (<i>carrot, cucumber, celery</i>)	\$2.50
Rice crackers with cheese & carrot	\$2.50
Add dip to either of the above;	
- hummus or salsa	\$1.00
- guacamole	\$1.50
Rice crackers with dip (<i>50c extra for guac</i>)	\$2.50
Corn chips with dip (<i>50c extra for guac</i>)	\$2.50
Cutie pops – frozen flavoured milk or fruit juice in a cute animal popsicle	\$1.50
Hot pockets - Standard filling choices; double cheese or ham & cheese available every day	\$3.00

Weekly Recess Items

Hot pockets Special – available Mon - Thurs	\$3.00
<i>Monday – cheese & garlic butter</i>	
<i>Tuesday – pizza (pizza sauce, ham & cheese)</i>	
<i>Wednesday – Sweet Chilli & cheese</i>	
<i>Thursday – Salsa and cheese</i>	
Pizza Melt – available Thurs	\$3.00
<i>A big wedge of delicious bakery focaccia topped with pizza toppings (pizza sauce, ham & cheese) and baked</i>	
Canteen made pikelets – available Friday	\$1.00
<i>Choice of buttered or not, add maple syrup for 50c</i>	

Birthday Fruit Tubes

Order a pack of 24 for \$18.00, and add extras on if you need more for \$1 each. Choice of 'bucket' online.

Available All Day

Fresh fruit – apple, banana, orange	\$2.00
Fresh fruit cup (<i>variety of cut seasonal fruit</i>)	\$2.50
Half cheese and bacon roll	\$2.00
Whole cheese and bacon roll	\$4.00
Canteen made fruit muffin	\$1.50
Fresh vanilla yoghurt cup	\$1.50
Custard cup	\$1.50
Chocolate mousse	\$1.00
Popcorn	\$1.50
Red Rock sea salt chips	\$2.00

Drinks (Recess and Lunch)

Water – 600ml	\$2.00
Plain milk 225ml cup – must be picked up	\$2.00
Milo cup – must be picked up	\$3.00
Norco chocolate or strawberry milk 300ml	\$3.50
Juice popper 200mls	\$2.50
Juice bottle 250mls	\$3.00
Juice Bomb (<i>Carbonated fruit juice</i>)	\$4.00

Frozen Items (Recess and Lunch)

½ Quelch stick (<i>not available online, cash only</i>)	\$0.50
10 x Frozen drops (<i>Choc, strawb or juice</i>)	\$1.00
Snapstix (<i>sweet or sour flavours</i>)	\$1.00
Icy cup (<i>Blackcurrant; Orange or Apple</i>)	\$1.50
Juicies Fruit Ice Block (<i>Wildberry, Apple lemonade, Tropical, Orange</i>)	\$2.00
Vanilla light ice cream dixy cup	\$2.00
Twisted frozen yoghurt (<i>strawberry & vanilla, mango & watermelon, choc & vanilla</i>)	\$3.50

Lunch – Hot Food

Corn cob	\$2.00
Hot cheese roll	\$2.00
Hot garlic roll	\$2.00
Hot cheese & ham roll	\$2.50
Pack of 5 x chicken fingers	\$4.50
Gluten Free chicken tender (<i>each</i>)	\$2.50
Ham & pineapple pizza	\$5.00

Tomato or BBQ Sauce - \$0.50

Fork, Spoon, straw (*additional to requirements*) - \$0.10

Weekly Lunch Items

Gozleme style wrap – available Monday \$6.00

Spinach, cheese and feta wrap toasted with garlic butter. Option for lemon wedge.

Toasted focaccia – available Tuesday \$5.50 - \$7.50

Choice of ham & cheese (\$5.50), tuna, cheese & garlic butter (\$6) or chicken, guacamole and cheese (\$7.50).

Fried rice –available Wednesday \$6.50

Canteen made with carrot, peas, corn, egg, ham and gluten free soy sauce.

Chicken burrito – available Thursday \$7.50

*Canteen made Mexican spiced chicken, slow cooked and pulled, on a tortilla with rice, cheese, salsa and **option to add guac for \$1 extra.***

Caesar salad wrap or salad box – Friday \$6.50 - \$7.50

*Option to have as a wrap (\$7.50) or in a salad box (\$6.50), with egg, lettuce, toasted ham pieces, parmesan cheese, and Caesar dressing (plus croutons in salad box). **Option to add poached chicken breast for \$2 extra.***

Online orders preferred. You can register at www.spriggyschools.com.au to set up your online account for canteen orders.

Please note, flavours or prices may vary without notice.



Terrigal Public School Canteen

Cool Summer Menu – Term 4, 2025 & 1, 2026

Open Mon – Fri from 8.30am

For information, please contact Lyn at the canteen



Lunch

Sandwiches / Wraps / Rolls

Wholemeal bread, white roll, wrap \$3.00

Gluten Free bread or tortilla wrap + 50c

Then add fillings, sauces etc;

Full salad (lettuce, carrot, tomato, cucumber, beetroot) \$3.00

Lettuce; tomato (each) \$1.00

Carrot; cucumber; beetroot (each) \$0.50

Cheese \$0.50

Double cheese (2 slices) \$1.00

Pineapple slice \$1.00

Hard boiled egg (sliced or mashed with mayo) \$2.00

Ham; tuna; tuna mixed with mayo (each) \$2.00

Double ham \$4.00

Poached chicken breast \$3.00


Vegemite \$0.50

Sauces – mayo, tomato, BBQ, sweet chilli \$0.50

Hommus; salsa \$0.50

Guacamole \$1.00

Toasting \$0.50

 Have you seen our canteen Facebook page?
Join our page at [TPS~~Canteen~~](https://www.facebook.com/TPS-Canteen) to stay up to date with current specials, pictures of our menu items and details of what's happening in our canteen!

Salad Bar

Charged by each salad item chosen. The salad box will be as full as the number of serves you choose.

For example, if you choose lettuce only, your box will not be completely full of lettuce, but rather you will receive one 'serve' of lettuce in the box only.

Recyclable paper salad box & wooden fork \$0.50

Salad items

Lettuce; tomato (each) \$1.00

Carrot; cucumber; beetroot; celery (each) \$0.50

Pineapple slice \$1.00

Fresh capsicum \$1.00

Protein

Chickpeas \$1.00

Cheese \$0.50

Double cheese \$1.00

Hard boiled egg (sliced or mashed with mayo) \$2.00

Ham; tuna; tuna mixed with mayo (each) \$2.00

Double ham \$4.00

Poached chicken breast \$3.00

Extras

Salsa or hommus (full serve) \$1.00

Guacamole (full serve) \$1.50

Squeeze of mayo, sweet chilli sauce or \$0.50

Caesar dressing over the top of the salad

Bread

Toasted croutons \$1.00

Buttered roll (half sub roll) \$1.00

Burgers

Standard cheeseburger \$6.50

Your choice of our beef, crumbed chicken, chargrilled chicken or veggie pattie on a burger with your choice of tomato or BBQ sauce, and cheese

Standard chicken burger \$7.00

Your choice of crumbed or chargrilled chicken, or veggie pattie, with lettuce and mayo

Build your own burger \$6.00

Start with your choice of burger pattie (beef, crumbed chicken, chargrilled chicken or veggie), then add your choice of sauces and fillings from the below. Create your own perfect burger!

Sauces – mayo, tomato, BBQ, sweet chilli \$0.50

Salsa \$0.50

Guacamole \$1.00

Full salad (lettuce, carrot, tomato, cucumber, beetroot) \$3.00

Lettuce; tomato (each) \$1.00

Carrot; cucumber; beetroot (each) \$0.50

Cheese \$0.50

Double cheese (2 slices) \$1.00

Pineapple slice \$1.00

The Hunger Haven is a P&C run canteen. All profits from the canteen are returned to the P&C to benefit our students.

Online orders preferred. You can register at www.spriggyschools.com.au to set up your online account for canteen orders.

Please note, flavours or prices may vary without notice.