



# CANTEEN MENU 2020 - Please order before 8.45am

## LUNCHES (by order only)

Chicken or Ham & salad Box
Chicken or Ham & salad Bowl
Caesar Salad Small \$4.00
Nuggets and Salad
Chicken & Salad Wrap ½ \$3.00 Whole
Chilli Chicken Wrap ½ \$3.00 Whole
Ham/Egg/Chicken & salad roll
Salad Roll
Ham/Egg/Chicken & salad sandwich
Hamburger (low fat)
Chicken Burger
Wedges
Nachos
Hot Chicken Roll
Hotdog
Pizza Slice
Sausage Roll
Cruiser Pie (Good Eating)
Mini Pie (Good Eating)
Popcorn Chicken & salad
Muesli, Yoghurt & Fruit salad Bowl
Fruit Salad Small \$3.00 Large
Toasted sandwiches (choose your fillings)
Spaghetti Bolognese (homemade)
Chicken Fettucine (homemade)

## PRICE

## RECESS

½ Chicken strip & Salad wrap
½ Diced Chicken wrap
Pizza Slice
Chicken Cheese Mayo ½ Roll
Brushetta
Cheesies
Fruit Salad Cups
Chicken Strip & Salad ½ roll
Carrot & Celery w'crackers and dip
Spaghetti Cheesie ½ Roll
Muesli, Yoghurt & Fruit Salad bowl
Fresh Fruit

## DRINKS ETC

Water
Flavoured Milk Drinks - Large
Flavoured Milk Drinks - Small
Bottle Juice
Juice Box
Nippy's Juice 450ml
Yogo
Yoghurt

## TERM 2 & 3 ONLY

Hot Chocolate
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## PRICE

\$3.00
\$3.00
\$3.50
\$3.00
\$2.50
\$1.00
\$3.00
\$3.00
\$2.50
\$2.50
\$4.00
\$1.50

## PRICE

\$2.00
\$3.50
\$2.50
\$2.50
\$1.50
\$3.50
\$2.00
\$2.00

\$2.50
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## ICECREAMS (LUNCH TIME ONLY)

Frozen Yoghurt	\$2.50
Paddle Pop	\$2.00
Icy Twist	\$1.00
Callipo	\$1.00
Paddle Pop Bucket	\$2.50
Vanilla Bucket	\$2.00
Quelch Stick	30c-60c

## Dear Parents/Caregivers

The Narrogin Senior High School Parents and Citizens Association operates the canteen, which aims to provide lunches and snacks at sensible prices and make a reasonable profit, which is used by the P & C for the benefit of the students. The policy of the canteen is to supply food suitable for the growth and health of the students.

As well as lunches, buns, rolls, fresh fruit, milk and fruit drinks are available at recess and lunch time.

The canteen employs an organiser and assistant's, but is dependent on volunteers to help reduce costs. A good roster enables the canteen to be run more economically and give better and cheaper service to the students.

Help is needed between 10.45am and 2.15pm each school day.

We would really appreciate your help and if you can possibly assist us, please fill in and return the form below.

For more information please phone the Canteen Manager, Cheryle on 0429 129 422.

I can help at the NSHS P&C Canteen

Once a fortnight  Once a month  Once a term

Please tick the appropriate box. If you prefer a particular day, please state which day of the week. ....

NAME .....

ADDRESS .....

PHONE ..... EMAIL .....

**GLUTEN FREE AND VEGETARIAN OPTIONS ARE AVAILABLE , PLEASE ASK**