

ENPS - CANTEEN PRICE LIST UPDATED FEBRUARY 2012

We are committed to providing tasty and nutritious food in accordance with the NSW Healthy Canteen Program
PLEASE NOTE PRICES AND MENU MAY VARY FROM TIME TO TIME

Sandwiches		Price
All Sandwiches Multigrain Bread		
<i>White on request only</i>		
Honey	☺	\$ 1.80
Vegemite	☺	\$ 1.80
Tomato	☺☺	\$ 1.80
Baked Beans	☺☺	\$ 2.00
Tasty Cheese	☺☺	\$ 2.50
Diced Chicken	☺☺	\$ 2.50
Ham	☺☺	\$ 2.50
Ham, Cheese & Tomato	☺☺	\$ 3.20
Salad	☺☺	\$ 3.00

Wraps (all include Salad - UNLESS Specified)

Tomato, Carrot, Lettuce, Cucumber & Capsicum

Plain Salad	☺☺	\$ 3.50
Ham	☺☺	\$ 4.00
Diced Chicken	☺☺	\$ 4.00

Salad Boxes

*Tomato, Carrot, Lettuce, Capsicum,
Celery, Cucumber & Cheese*

Plain Salad	☺☺	\$ 3.00
Ham	☺☺	\$ 3.50
Chicken	☺☺	\$ 3.50

Extras (per item)

Toasted		50c
Cheese	☺☺	50c
Lettuce, Carrot, Tomato, Cucumber	☺☺	20c
Capsicum	☺☺	40c
Condiments	☺	20c

Mayonnaise, Tomato Sauce, BBQ Sauce,

Soy Sauce, Sweet Chilli, Wholegrain Mustard

Sushi

Californian Sushi Roll	☺	\$ 2.50
Tuna Sushi Roll	☺☺	\$ 2.50

Drinks

Water 300mL	☺☺	\$ 1.20
Juice 250mL	☺	\$ 1.20
<i>Apple, Orange, Apple & Blackcurrant</i>		
Reduced Fat Flavoured Milk 250mL	☺☺	\$ 1.50
<i>Chocolate, Strawberry</i>		
Up and Go 250mL	☺☺	\$ 2.00
<i>Strawberry, Chocolate, Vanilla, Banana/Honey</i>		

Meal Deals	Price
Meal Deal 1	\$ 5.20
Ham or Chicken Wrap	
Juice or water	
Quelch Iceblock	
Meal deal 2	\$ 5.00
Chicken or Ham Salad	
Garlic or Cheese Toastie	
Juice or water	
Meal deal 3	\$ 5.00
Macaroni Cheese or lasagne	
Juice or water	
Piece of fruit (please specify)	

Hot Food

		Price
Toasty Cheese Roll (1/2 roll)	☺	70c
Garlic Bread (1/2 roll)	☺	70c
Plain Rice	V ☺☺	\$ 2.00
Noodle Cup Chicken	☺☺	\$ 2.50
Lasagna	☺☺	\$ 3.50
Vegetarian Lasagna	V ☺☺	\$ 3.50
Macaroni Cheese	V ☺☺	\$ 3.50

Icy Treats

Frozen Grapes	☺☺	50c
Frozen Pineapple Rings	☺☺	50c
Quelch	☺	50c
Icy twist	☺	\$ 1.00
Splice Real Fruits - Raspberry or Orange	☺	\$ 2.00
Callipo - Raspberry or Lemon	☺	\$ 1.00
Icecream Tub	☺	\$ 1.00
Paddle pop - Choc, Banana or Rainbow	☺	\$ 1.50

Snacks

Fruit (banana, apple, orange, pear, grapes)	☺☺	70c
Slinky Apple	☺☺	80c
Fresh air popped Popcorn	☺☺	60c
Hommus Snack Pack	☺☺	\$ 1.00
<i>Celery & Carrot Sticks or Rice Crackers</i>		
Pretzels	☺	80c
Hello Panda Cookie	☺	80c
Choc Chip Cookie	☺	\$ 1.00
Piranha Snacks - Salt and Vinegar	☺	\$ 1.20
Piranha Vege Crackers- Honey Soy GF	☺	\$ 1.20
Yoghurt Tub 200g (vanilla, berry or mango)	☺	\$ 1.50

Food rating code: ☺☺ - Everyday good food choices. ☺ - Select less often

GF - Gluten Free V - Vegetarian