



# Narrabri High School Canteen Menu 2023 Term 1




\* E = EVERYDAY CHOICES : O = OCCASIONAL CHOICES (As stipulated under the NSW Healthy School Canteen Strategy)

**NB: WHILST "EVERYDAY CHOICES" ARE PERMITTED TO BE SERVED EVERYDAY UNDER THE CANTEEN STRATEGY, NOT ALL "EVERYDAY CHOICES" ITEMS WILL BE AVAILABLE ON SOME DAYS**

<b>BREAKFAST</b> <i>(Served before School)</i>		*
Cheese Toastie	\$3.50	E
Ham & Cheese Toastie	\$4.00	E
Bacon & Egg Muffin (Deli purchased shortcut bacon)	\$4.00	O
Fresh Fruit Muesli & Yogurt Cups	\$5.00	E
Ham & Cheese Croissant	\$4.00	E
		
<b>HOT LUNCHES</b>		
Toasted Chicken & Cheese Wrap	\$5.00	E
Grilled Chicken & Gravy Rolls	\$5.00	E
Lean Beef Burger	\$6.50	E
Chicken Chilli Wrap	\$6.00	E
<i>Hot lunches must be pre-ordered</i>		
<b>DAILY SPECIALS</b>		
Chicken Ceaser Salad (Monday only)	\$6.00	O
Plain Pie or Sausage Roll (Monday only)	\$4.50	O
- Tomato Sauce sachets	\$0.50	O
Grilled Chicken Burger (Tuesday only)	\$6.50	O
Fried Rice (Wednesday only)	\$4.00	O
Chicken Crunchy Noodle Salad (Thursday only)	\$6.00	O
Chicken Goujons (6) (Friday only)	\$4.00	O
<b>Pre-Ordering of lunch each day before school starts is encouraged and would be greatly appreciated by Canteen Staff.</b>		
<b>If you have any special dietary requirements please discuss with Canteen Staff to see if they can assist.</b>		
		

<b>COLD LUNCHES</b>		*
<b>Sandwiches</b> <i>(Multigrain or White)</i>		
Chicken & Lettuce	\$4.00	E
Egg & Lettuce	\$4.00	E
Ham & Tomato	\$4.00	E
Ham & Cheese	\$4.00	E
Salad (With meat)	\$6.00	E
Salad (No meat)	\$5.50	E
		
<i>Toasted Sandwiches (must be pre-ordered) + .50c</i>		
<b>ROLLS</b> <i>(Multigrain or White)</i>		
Chicken Salad	\$5.00	E
Ham Salad	\$5.00	E
Salad (No meat)	\$4.50	E
		
<b>WRAPS</b>		
Chicken Salad Wrap	\$6.00	E
Ham & Salad Wrap	\$6.00	E
		
<b>SALAD DISHES</b>		
Salad Dishes (Lettuce, tomato, beetroot, cucumber & cheese)	\$5.00	E
Salad Dishes with Ham OR Chicken (with lettuce, tomato, beetroot, cucumber & cheese)	\$6.00	E
Extra Fillings	+ .50c	
		

<b>DRINKS</b>		*
Water - 600ml	\$2.50	E
Water - 1 Litre	\$3.50	E
Juice - Orchy (99% Juice) - 200ml - Orange Passio	\$3.00	E
Flavoured Milk - 300ml - Chocolate	\$3.00	E
Flavoured Milk - 500ml - Chocolate, Strawberry or Vanilla	\$4.00	E
Plain Milk - 500ml	\$3.50	E
Up & Go - 250ml Chocolate	\$2.00	E
Sparkling Fruit Juice (99% Juice) - 250ml - Apple or Tropical Apple	\$2.50	E
		
		
<b>DAILY SNACKS</b>		
Fresh Fruit (Seasonal) - apple, banana, watermelon or orange	\$1.00	E
Fresh Fruit Salad (Seasonal)	\$5.00	E
Fresh Fruit Muesli & Yogurt Cups	\$5.00	E
Freshly made popcorn	\$1.00	E
Cheese and Crackers	\$1.50	E
Red Rock Deli Chips - Sea Salt	\$1.50	O
Grainwave Sour Cream and Chives	\$1.50	O
		
<b>FROZEN ITEMS</b>		
Twisted Yogurt - Strawberry/Vanilla	\$2.50	O
Fruit Slushie (99% Juice) - Blueberry or Lemon Lime	\$3.00	E
Juicies - (99% Juice) - Orange or Tropical	\$1.20	E
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<b>Pens, pencils, rulers, art &amp; exercise books, etc. are also available for purchase.</b>		
		
		
		

**Note: all chicken sandwiches, wraps, rolls and salads dishes are made with freshly canteen cooked chicken.**

Prices may vary with some items.

Not all Everyday Choice items are available every day.

Sorry we DO NOT provide accounts.