



NARARA VALLEY HIGH

CANTEEN MENU – TERM 1 2024

** EFTPOS AVAILABLE **



@ NARARA VALLEY HIGH SCHOOL CANTEEN



BREAKFAST MENU

Plain Pikelets	\$0.80
Fruit Pikelets	\$0.80
Toast (2) with Vegemite or Jam	\$1.50
Raisin Toast	\$2.00
Hash Brown	\$1.00
Yummy Drummy	\$1.00
Melted Cheese ½ roll	\$2.00
Melted Cheese & Tomato	\$2.00
Cereal with Milk	\$2.00
Muesli & Yoghurt	\$3.00
Oats, Yoghurt & Fruit	\$3.00
Toasties	From \$3.00
Bacon and Egg Roll	\$5.00
Bacon and Egg Wrap	\$5.00

COLD & FROZEN SNACKS

Jelly	From \$1.50
Plain Custard (V & CM)	\$1.50
Jelly and Custard/ Yoghurt	From \$1.50
Jelly with Fresh Fruit (CM)	From \$2.50
Low Fat Chocolate Mousse (CM)	\$3.00
Low Fat Yoghurt (V & CM)	\$3.00
Yoghurt with Fruit Pieces (V & CM)	\$3.50
Quelch Stick	\$0.80
Frozen Juice Cup	\$1.00
Ice Mony	\$1.50
Jucies Tubes	\$2.00
Low Fat Ice Cream Cup	\$2.50
Paddle Pop	\$3.00
Frozen Fruit Yoghurt	\$3.00
Frozen Yoghurt with Fruit Bits (CM)	\$3.50
Icy Pole	\$2.50

FRESH FRUIT & VEG SNACKS

Vege Sticks (Assorted)	From \$1.50
Vege Sticks with Dip	\$2.50
Orange (cut if required) (V & CM)	\$1.50
Apple (V & CM)	\$1.50
Watermelon (V & CM)	\$1.50
Small Fruit Salad (V & CM)	From \$3.00
Medium Fruit Salad (V & CM)	From \$4.00
Large Fruit Salad (V & CM)	From \$5.00

OTHER SNACKS

Cruskits (4) (V)	From \$3.00
Rice Cakes (4) (GF)	From \$3.00
Fruity Bites (V)	\$1.00
Bread Sticks (V)	\$1.00
Milo Wholegrain Cereal (V)	\$1.00
Coco Bombs Cereal (V & GF)	\$1.00
ANZAC Cookies (V & CM)	\$1.00
Popcorn (V)	\$2.00
Red Rock Deli Chips (GF)	\$2.00
Vege Crackers (V & GF)	\$2.00
Low Fat Muffins (V)	\$3.00
Low Fat Slices (V)	\$3.00
Finger Bun (V)	\$2.50
Banana Bread (V)	\$3.00
Cheese and Bacon Roll (V)	\$3.00

DRINKS

300ml Spring Water	\$1.50
600ml Spring Water	\$2.00
1.5L Spring Water	\$3.00
Lightly Sparkling Water	\$3.00
Juice Cup x 3 Flavours	\$1.00
Juice Bomb	\$3.00
Fruit Juice 250ml	\$3.00
Milk (Plain) 300ml	\$2.20
Soy Milk (Cup)	\$2.50
Sipahh Straw	\$0.80
Milk – Flavoured 300ml	\$3.00
Milk – Flavoured 500ml	\$4.50
Up & Go	\$3.00
Hot Chocolate – Small	\$3.00
Hot Chocolate – Large	\$4.00
Light Iced Tea 500ml	\$4.50
Aloe Drinks	\$4.50
Cold Milo Milk – Small	\$3.00
Cold Milo Milk - Large	\$4.00

HOW TO ORDER

ORDERS CAN BE MADE ONLINE VIA THE FLEXISCHOOLS APP BY 9.00AM. WHEN ORDERING, ITEMS MUST BE SELECTED FOR THE BREAK WHICH THEY ARE REQUIRED (E.G. RECESS OR LUNCH)

ORDERS ARE ALSO ACCEPTED OVER THE COUNTER IN THE MORNING (30 CENT CHARGE FOR PAPER BAG) . ORDERS CAN BE COLLECTED FROM THE CANTEEN WINDOW.



NEW ITEMS AND SPECIALS WILL BE ADVERTISED ON THE CANTEEN NOTICEBOARD & FACEBOOK PAGE

CM = Canteen Made, V = Vegetarian, GF = Gluten Free (All possible care is taken when preparing GF foods)

NARARA VALLEY CANTEEN MENU (TERM 1 2024)



SANDWICHES, ROLLS & WRAPS

CUSTOMISE YOUR OWN SANDWICH, ROLL OR WRAP ON FLEXISCHOOLS OR CHOOSE FROM POPULAR OPTIONS BELOW! GF AVAILABLE

ALL SANDWICHES, ROLLS & WRAPS ARE MADE FRESH IN THE CANTEEN.

Ham & Salad	\$6.00
Chicken & Salad	\$6.00
Salmon & Salad	\$6.00
Tuna & Salad	\$6.00
Egg & Salad	\$6.00
Salad with Cheese (V)	\$6.00
Salmon	\$5.00
Tuna	\$5.00
Chicken	\$5.00
Ham	\$5.00
Salad (V)	\$5.00
Egg	\$5.00
Cheese (V)	\$4.00
Vegetemite (V)	\$3.00
Buttered Sandwich or Roll	\$2.00

FRESH SALADS

CUSTOMISE OR BUILD YOUR OWN SALAD ON FLEXISCHOOLS OR CHOOSE FROM POPULAR OPTIONS BELOW!

ALL SALADS ARE MADE FRESH IN THE CANTEEN

Caesar Salad (CM)
Lettuce, Egg, Croutons, Bacon \$6.00
Parmesan And Dressing

Greek Salad (V & CM)
Lettuce, Capsicum, Tomato, Feta, \$6.00
Onion, Cucumber, Olives & Dressing

Cheese Salad (V & CM)
Lettuce, Tomato, Carrot, Capsicum, \$6.00
Celery, Cheese, Cucumber & Dressing

Pasta Salad (V & CM)
Pasta, Corn, Carrot, Capsicum, \$6.00
Cherry Tomatoes & Dressing

Garden Salad (V & CM)
Lettuce, Tomato, Cucumber, Carrot, \$6.00
Capsicum, Celery And Dressing

PIZZA

Ham & Pineapple	\$5.00
Ham	\$5.00
Vegetarian (V)	\$5.00
Cheese (V)	\$5.00
BBQ Chicken	\$5.00
Any Pizza with GF Base	Extra \$1.50

TOASTED FOCACCIA

ORDER ON FLEXISCHOOLS TO CHOOSE YOUR FILLINGS OR CHOOSE FROM OPTIONS BELOW!

Cheese (V & CM)	\$5.00
Chicken & Cheese (CM)	\$6.00
Ham & Cheese (CM)	\$6.00
Ham & Tomato (CM)	\$6.00
Chicken & Pineapple (CM)	\$6.00
Ham, Cheese & Tomato (CM)	\$6.50
Ham, Cheese & Pineapple (CM)	\$6.50
Chicken & Avocado (CM)	\$6.00
Chicken, Cheese & Avocado (CM)	\$6.50

HOMEMADE MEALS

Honey Soy Chick. & Rice (GF & CM)	\$6.50
Beef Nachos (CM)	\$6.50
Vegetarian Nachos (V & CM)	\$6.50
Butter Chicken with Rice (GF & CM)	\$6.50
Pasta Bolognaise (CM)	\$6.50
Vegetarian Pasta (V & CM)	\$5.50
Beef Burrito (CM)	\$6.50
Chicken Caesar Wrap (CM)	\$6.50
Chicken Fried Rice (GF & CM)	\$6.50
Vegetarian Fried Rice (GF, V & CM)	\$5.50
Mac & Cheese (V & CM)	\$5.00

A WIDE SELECTION OF FOODS WILL BE AVAILABLE OVER THE COUNTER FOR BOTH BREAKS – BUT NOT NECESSARILY ALL ITEMS ON THE MENU. ORDER ONLINE TO GUARANTEE YOUR PREFERRED ITEM!

BURGERS

ORDER ON FLEXISCHOOLS TO CHOOSE YOUR FILLINGS. ALL BURGERS BELOW COME WITH SAUCE

Beef Burger (CM)	From \$6.00
Fish Burger (CM)	From \$6.00
Chicken Burger (CM)	From \$6.00
Vegie Burger (V & CM)	From \$6.00
Any Burger with Salad (CM)	From \$6.50

OTHER HOT FOODS

Junior Beef Pie (Low Fat)	\$2.50
Garlic Bread (V)	\$2.00
Boiled Rice (V & GF)	\$2.50
Pizza Slice (Small) (CM)	\$2.50
Cheese Pocket (V & CM)	\$3.00
Ham & Cheese Pocket (CM)	\$3.50
Chicken & Cheese Pocket (CM)	\$3.50
2 Minute Noodles	\$3.00
2 Minute Noodles (GF)	\$3.50
Toasties	See Sandwich section
Hot Dogs	From \$4.00
Beef Pie (Low Fat)	\$4.70
Beef Pie (GF)	\$6.00
Potato Pie	\$5.00
Sausage Roll - Small (Low Fat)	\$3.50
Sausage Roll – Jumbo	\$4.00
Spinach & Ricotta Roll	\$4.00
Sauce Sachets	\$0.30
Chicken Nuggets x 5 (GF)	From \$5.00
Hash Brown	\$1.00
Chicken Tenders x 2	\$4.50
Yummy Drummies	\$1.00