

NARARA VALLEY HIGH SCHOOL CANTEEN

MENU

2024

CHECK THE NOTICEBOARD & FACEBOOK FOR SPECIALS & MEAL DEALS



BREAKFAST MENU

Available every day to order

Plain Pikelets	\$0.50
Fruit Pikelets	\$0.50
Toast (2) Vegemite/ Jam	\$1.00
Raisin Toast (2)	\$1.50
Hash Brown	\$1.00
Yummy Drummie	\$1.00
Melted Cheese ½ Roll	\$2.00
Melted Cheese & Tomato	\$2.00
Cereal with Milk	\$2.00
Muesli & Yoghurt	\$2.00
Oats Yoghurt & Fruit	\$2.50
Toasties	From \$3.00
Bacon & Egg Roll	\$5.00
Bacon & Egg Wrap	\$5.00

FRESH FRUIT & VEG SNACKS

Available every day

Cucumber Sticks	\$1.50
Carrot or Celery Sticks	\$1.50
Veg Combination Pack	\$1.50
Vege Sticks with Dip	\$2.50
Orange (cut if required)	\$1.50
Apple	\$1.50
Watermelon	\$1.50
Small Fruit Salad	\$3.00
Medium Fruit Salad	\$4.00
Medium Fruit Salad & Yoghurt	\$5.00
Medium Fruit Salad & Custard	\$5.00
Large Fruit Salad	\$5.00
Large Fruit Salad & Custard	\$6.00
Large Fruit Salad & Yoghurt	\$6.00

FROZEN SNACKS

Available every day

Quelch Stick	\$0.80
Frozen Juice Cup	\$1.00
Ice Mony	\$1.50
Juicies	\$2.50
Low Fat Icecream Cup	\$2.50
Paddle Pop	\$3.00
Frozen Fruit Yoghurt	\$3.00
Frozen Yoghurt with Fruit Pieces	\$3.00



New items will be advertised on the Canteen Facebook Page



DRINKS

Available every day

300ml Spring Water	\$1.50
600ml Spring Water	\$2.00
1.5 Litre Spring Water	\$3.00
Light Sparkling Water	\$3.00
Juice Cup	\$1.00
Juice Bomb Sparkling Juice	\$3.00
Fruit Juice 250 ml	\$3.00
Milk (Plain) 300ml	\$2.20
Plain Milk with Siparh Straw	\$3.00
Milk (Flavoured) 300ml	\$3.00
Milk Flavoured 500ml	\$4.50
Soy Milk -cup	\$2.50
Up & Go	\$3.00
Hot Chocolate	Small \$3.00
Hot Chocolate	Large \$4.00
Light Iced Tea	\$4.50
Aloe Drinks	\$4.50
Cold Milo Milk	Small \$3.00
Cold Milo Milk	Large \$4.00

COLD SNACKS CM

Available every day

Jelly	\$1.00
Plain Custard	\$1.00
Jelly & Custard	\$1.00
Jelly & Yoghurt	\$1.00
Jelly with Fresh Fruit	\$2.00
Jelly with Fresh Fruit & Custard	\$2.50
Chocolate Mousse	\$2.00
Low Fat Yoghurt	\$2.50
Yoghurt with Fruit Pieces	\$3.00

Please be aware prices and menu may change slightly

SNACK FOODS

Available every day

Cruskits (4) or Rice Cakes GF (4)	
With Vegemite	\$3.00
With Cheese	\$3.50
With Avocado	\$3.50
Fruity Bites	\$1.00
Garlic Bread	\$2.00
Bread Sticks	\$0.50
Milo Wholegrain Cereal	\$1.00
Coco Bombs Cereal GF	\$1.00
Homemade ANZAC Cookies	\$1.00
Popcorn	\$1.80
Red Rock Deli Chips GF	\$1.80
Low Fat Muffins	\$2.50
Low Fat Slices	\$2.50
Finger Bun	\$2.50
Banana Bread	\$3.00



Ordering Information
Orders are to be made online via the Flexischools App by 9.00am. When ordering online, items must be selected for the break for which they are required. Orders are also accepted over the counter in the morning. Orders can be collected from the canteen window.

All possible care is taken when preparing Gluten Free Foods



NARARA VALLEY HIGH SCHOOL CANTEEN MENU

2024



SANDWICHES, ROLLS & WRAPS

Prepared fresh in the Canteen.
Available every day to order.

Ham & Salad	\$6.00
Chicken & Salad	\$6.00
Salad with Cheese V CM	\$5.50
Salmon	\$4.00
Tuna	\$4.00
Chicken	\$4.00
Ham	\$4.00
Salad	\$4.00
Egg	\$4.00
Cheese	\$4.00
Vegemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1.50

SANDWICH EXTRAS

Also available to add as extras to burgers and focaccias

Gluten Free Bread	\$1.00
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.80
Carrot	\$0.80
Cheese	\$1.00
Cucumber	\$1.00
Egg	\$1.00
Lettuce	\$0.50
Onion	\$0.50
Pineapple	\$0.80
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$2.00
Tomato	\$0.80
BBQ, Mayo, Tomato or Sweet Chilli Sauce available free	

FRESH SALADS

Available everyday to order. Select from set salads or create your own on Flexischools

Caesar Salad CM	\$6.00
Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing	
Greek Salad V CM	\$6.00
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing	
Garden Salad V CM	\$6.00
Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing	
Pasta Salad V CM	\$6.00
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing	
Create Your Own Salad	
Avocado	\$1.00
Bacon pieces	\$1.30
Beetroot	\$0.80
Capsicum	\$0.80
Carrot	\$0.80
Celery	\$0.80
Cheese – Tasty	\$1.00
Cheese – Parmesan	\$1.20
Cheese – Feta	\$1.40
Croutons	\$0.80
Cucumber	\$1.00
Egg	\$1.00
Lettuce	\$0.50
Olives	\$1.00
Onion	\$0.50
Pineapple	\$0.80
Tomato	\$1.00
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Sauce/Dressing Sachet	\$0.30



TOASTED FOCACCIA BREAD

Order on Flexischools to add your choice of fillings

Cheese	\$4.00
Chicken & Cheese	\$5.00
Ham & Cheese	\$5.00
Ham & Tomato	\$5.00
Chicken & Pineapple	\$5.00
Ham, Cheese & Tomato	\$5.50
Ham Cheese & Pineapple	\$5.50
Chicken & Avocado	\$5.50
Chicken, Cheese & Avocado	\$6.00

BURGERS

Available every day to order. PLAIN or with sauce. Add to from Sandwich Extras

Beef	\$5.50
Fish,	\$5.50
Chicken	\$5.50
Veggie Burger V	\$5.50
Any With Salad	\$6.50

PIZZA

Available every day to order

Ham & Pineapple	\$5.00
Ham	\$5.00
Vegetarian V	\$5.00
Cheese V	\$5.00
BBQ Chicken	\$5.00
GF Base	Extra \$1.50

A wide selection of foods will be available for purchase **over the counter** for both breaks - but not necessarily all foods on the menu. Order online to ensure your choice is available.

Check the noticeboard & the Flexischools App for specials & meal deals
EFTPOS AVAILABLE

HOT FOODS

Available every day to order

Yummy Drummies	\$1.00
Junior Beef Pie (Low Fat)	\$2.50
Garlic Bread	\$2.00
Boiled Rice GF CM	\$2.50
Cheese Pocket V CM	\$2.50
Ham & Cheese Pocket CM	\$3.00
Chicken & Cheese Pocket CM	\$3.00
2 Minute Noodles	\$3.00
2 Minute Noodles GF	\$3.50
Toasties	From \$3.00
Hot Dog	\$4.00
Hot Dog with Cheese	\$4.50
Beef Pie (Low Fat)	\$4.50
Beef Pie GF	\$6.00
Sausage Roll (Low Fat) From	\$3.50
Sauce Sachets	\$0.30



GF - Gluten Free CM - Canteen Made

HOMEMADE MEALS ALL CM

Available every day to order

Honey Soy Chicken & Rice GF	\$6.00
Beef Nachos	\$6.00
Vegetarian Nachos V	\$6.00
Butter Chicken with Rice GF	\$6.00
Pasta Bolognese	\$6.00
Beef Burrito	\$6.00
Chicken Caesar Toasted Wrap	\$6.00
Chicken Fried Rice GF	\$6.00
Vegetarian Pasta GF V	\$5.00
Vegetarian Fried Rice GF V	\$5.00

A selection of additional fresh homemade meals will be made as **Specials** and advertised on the Canteen Noticeboard and Facebook.

