



Narrabri High School Canteen Menu 2020 - Terms 2 & 3



* 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)

BREAKFAST (Served before School)	COLD LUNCHES	DRINKS
Cheese Toastie \$3.00 E Ham & Cheese Toastie \$3.50 E Raisin Toast-2 Slices \$1.00 E Bacon & Egg Muffin (Deli purchased shortcut bacon) \$3.50 O Fresh Fruit Muesli & Yogurt Cups \$4.00 E 	Sandwiches (Multigrain or White) Chicken & Lettuce \$3.50 E Egg & Lettuce \$3.50 E Ham & Tomato \$3.50 E Ham & Cheese \$3.50 E Salad (No meat) \$3.50 E Ham & Zucchini Slice (No pastry) \$3.00 E Toasted Sandwiches (must be pre-ordered) + .50c 	DRINKS Water - 600ml \$2.50 E Water - 1 Litre \$3.50 E Juice - Orchy (99% Juice) - 200ml - Orange Passio \$2.50 E Flavoured Milk - 300ml - Chocolate \$2.50 E Flavoured Milk - 500ml - Chocolate, Strawberry or Vanilla \$3.50 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  
HOT LUNCHES Toasted Chicken & Cheese Wrap \$4.50 E Pizza on a muffin base (Chicken & Cheese OR Ham & Cheese) \$2.50 E Grilled Chicken & Gravy Rolls \$4.00 E Lean Beef Burger \$4.50 E Fried Rice \$4.00 E Chicken Goujons (6) \$3.50 O Plain Pie or Sausage Roll (Monday only) \$4.00 O - Tomato Sauce sachets \$0.30 O Grilled Chicken Burger (Tuesday only) \$4.50 E Beef Chow Mein (Wednesday only) \$4.50 E Grilled Chicken Crunchy Noodle Salad (Thursday only) \$5.00 O Beef Nachos (Friday only) \$5.00 O	Rolls (Multigrain or White) Chicken Salad \$4.50 E Ham Salad \$4.50 E Salad (No meat) \$4.00 E  Wraps Chicken Salad Wrap \$5.00 E Ham & Salad Wrap \$5.00 E 	DAILY SNACKS Fresh Fruit (Seasonal) - apple, banana, watermelon or orange \$1.00 E Fresh Fruit Salad (Seasonal) \$4.00 E Fresh Fruit Muesli & Yogurt Cups \$4.00 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 
HOME MADE SOUP (COMING SOON) <i>(Recommended to be pre-ordered)</i> Chicken & Corn Soup \$4.00 E Pumpkin & Sweet Potato Soup \$4.00 E	Build-a-Sub (FRIDAYS) PRE-ORDERS ONLY <i>(Must be pre-ordered on a Build-a-Sub Order Form)</i> Chicken OR Ham with the following options:- \$4.50 O Margarine, Lettuce, Cheese, Tomato, Beetroot, Jalapenos, Carrot, Pickles, Salt, Pepper, Mayonnaise, Ranch Dressing, Sweet Chilli Sauce	Frozen Items Twisted Yogurt - Strawberry/Vanilla \$2.50 O Fruit Slushie (99% Juice) - Blueberry or Lemon Lime \$2.50 E Juicies - (99% Juice) - Orange or Tropical \$1.20 E
<p style="text-align: center;">Pre-Ordering of lunch each day before school starts is encouraged and would be greatly appreciated by Canteen Staff.</p> <p style="text-align: center;">If you have any special dietary requirements please discuss with Canteen Staff to see if they can assist.</p>	Salad Dishes 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	<p style="text-align: center;">Follow us on Facebook </p> <p style="text-align: center;">Pens, pencils, rulers, art & exercise books, etc. are also available for purchase.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1432 1328 1579 1377"></div> <div data-bbox="1675 1328 1789 1409"></div> <div data-bbox="1864 1328 2011 1377"></div> </div>

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.