

# CNPS Children's Menu 10/07/21

## Breakfast Club

(Available 8.30-9am)

✓ Wholemeal toast (1 slice) \$0.50

(jam, vegemite or honey)

✓ Up&Go (choc, strawb and vanilla) \$2.00

✓ Weetbix (2 biscuits and milk) \$1.00

✓ Porridge (various flavours) \$1.00

## Drinks (All day)

✓ Plain milk (served in a cup) \$0.50

✓ Milo (served in a cup) \$1.00

✓ Flavoured milk (choc and strawb) \$2.00

✓ Juice (orange, apple and tropical) \$1.50

✓ Water \$0.50

## Snacks (All day)

✓ Piece of fruit (seasonal) \$0.50

✓ Fruit cup (seasonal) \$2.00

✓ Yoghurt cup with fruit \$1.50

✓ Cheese and vegemite scroll \$0.50

✓ Cheese wedge \$0.50

## Snacks (Recess and lunch)

✓ Popcorn-plain \$0.50

Vege Chips \$1.00

✓ Crispy Fruits \$1.00

Chips (various flavours) \$0.50

✓ Grazing Bowl (order only) \$3.00

(carrot, celery, tomato, rice crackers, cheese and dip)

## Frozen

✓ Icy fruit sticks \$0.50

Ice cream cup \$1.50

## Hot

✓ Corn cob \$1.00

Pie (little beef) \$1.50

## Lunch Menu (Order Only)

### Sandwiches (Wholemeal bread)

(Toasted on request)

✓ Vegemite, jam or cheese \$2.00

✓ Baked beans \$2.50

✓ Salad \$3.50

(Lettuce, tomato, beetroot and cheese)

✓ Salad with ham or chicken \$4.50

✓ Ham or chicken \$3.50

Add options: \$0.50

cheese, tomato, mayo, pickles.

### Salads (Order only)

✓ Garden salad with dressing \$3.00

(French or Italian)

✓ Garden salad with meat \$4.00

(ham or chicken)

## Hot Foods (Order only)

✓ Fried rice \$3.00

✓ Lasagne \$4.00

Add option: garden salad \$3.00

✓ Mac and cheese \$3.50

✓ Chicken Burger (chicken patty) \$3.50

✓ Cheese Burger (lean beef patty) \$3.50

Sausage Roll \$3.00

Pie-Plain beef \$4.00

Add: Tomato or BBQ sauce \$0.30

## Other Options (Order Only)

✓ Rice paper rolls (dipping sauce) \$5.50

✓ Buddha Bowl \$5.50

Options: a) Roast veg, feta, pesto and lettuce

b) Tabouli, hummus, felaful and bread

✓ Cottage Pie \$4.00

✓ Chicken Noodle Soup \$4.00

(with a bread roll)

✓ Everyday