

MEN NU

Forbes North Public School Canteen

Open Monday to Friday

9.00AM – 2.00PM

(02) 6850 1824

Recess 11.20AM – 11.50AM

Lunch 1.20PM – 2.00PM

**Grab and Go options available
during Recess and Lunch**

Hot Menu (Order for Lunch)

Pizza Single	4.50
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Ham & Cheese or Ham & Pineapple

Traveller Pie	5.00
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Add Tomato or BBQ Sauce 50c

Sausage Roll	4.50
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Add Tomato or BBQ Sauce 50c

Chicken Stix (6)	5.00
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Add Tomato, BBQ or Mayo 50c

Chicken Stix Wrap	5.50
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Chicken Stix, lettuce & mayo

Add Cheese 50c

Chicken Burger	6.00
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Chicken breast schnitzel, lettuce,
cheese & mayonnaise

Cheeseburger	5.50
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Angus beef patty, cheese & choice of
Tomato or BBQ sauce

Hamburger	6.00
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Angus beef patty, lettuce, cheese,
tomato, beetroot & choice of Tomato or
BBQ Sauce

Nachos	6.50
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Tomato based mince with taco spices,
carrot and zucchini. Served with corn
chips, melted cheese and topped with
sour cream

Fried Rice	6.50
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Homemade using white rice, carrot,
diced onion, shallot, capsicum, celery,
corn, peas, shredded ham, egg & low
sodium soy sauce

Noodle Cup	3.00
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Drinks

Cool Crush Slushie	3.00
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Flavoured Milk	3.00
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Macquarie Valley Juice	2.50
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Juice Bomb	3.00
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Bottle Water	2.00
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Cold or Warm Milo	2.00
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Lunchtime Treats

Frozen Yogurt Cup	3.00
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Quelch Stick or Zooper Dooper	0.50
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Snapstick	1.50
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Vanilla Ice Cream Cup	2.00
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Ice Money Triangle	2.00
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Yogurt Sticks	1.00
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Red Rock Deli Chips	2.50
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MENU

Grab and Go

Available Recess and Lunch

Toasted Sandwich Half	2.00
Puff Pastry Pizza	1.00
Scrolls	0.80
Garlic Bread	0.40
Fruit Salad Cup	1.50
Chocolate Mousse	1.50
Jelly Cup	1.00
Popcorn	1.00

Salads, Sandwiches & Wraps

Vegemite	2.50
Jam	2.50
Honey	2.50
Cheese	3.00

Ham or Chicken **3.50**

Ham & Cheese **4.00**

Chicken & Cheese **4.00**

Ham, Cheese & Tomato **4.50**

Chicken, Cheese & Tomato **4.50**

Chicken, Lettuce & Mayo **4.50**

Egg, Lettuce & Mayo **4.50**

Toasted Option add \$0.50

Extras Add \$0.50

Sweet Chilli Chicken Wrap **6.00**

Sweet chilli chicken tender, iceberg lettuce, cheese, sour cream

Ham & Salad Sandwich **6.50**

Ham, lettuce, carrot, cucumber, tomato, beetroot, onion & cheese

Chicken & Salad Sandwich **6.50**

Chicken, lettuce, carrot, cucumber, tomato, beetroot, onion & cheese

Salad Wrap **6.50**

Lettuce, carrot, cucumber, tomato, beetroot, onion & cheese

Add Egg, Ham or Chicken \$1.00

Salad Bowl **7.00**

Lettuce, carrot, cucumber, tomato, capsicum, beetroot, onion & cheese

Add Egg, Ham or Chicken \$1.00

Chicken Caesar Salad **7.50**

Chicken, lettuce, crispy bacon, parmesan cheese & caesar dressing

Add Egg \$1.00

Quiche and Salad **7.50**

Quiche with garden salad (lettuce, cucumber, carrot, capsicum, tomato)

Seasonal Lunch Specials available and will be advertised on Flexischools as well as the P&C Facebook page

Gluten Free Options available

**Orders can be placed in class lunch baskets or Flexischools App
(Order cut off 10am)**