



# CROWN ST PUBLIC SCHOOL CANTEEN MENU



## BREAKFAST & RECESS

<input checked="" type="checkbox"/> Plain Toast – 1 Slice	\$1.00
<input checked="" type="checkbox"/> Plain Toast – 2 Slices	\$2.00
<input checked="" type="checkbox"/> Cheese Toastie – Half	\$1.50
<input checked="" type="checkbox"/> Cheese Toasie – Full	\$3.00
<input checked="" type="checkbox"/> Ham & Cheese Toastie	\$4.00

## SANDWICHES - WRAPS - SUBS

<input checked="" type="checkbox"/> Vegemite or Jam	\$3.00
<input checked="" type="checkbox"/> Cheese	\$3.00
<input checked="" type="checkbox"/> Cheese & Vegemite	\$3.50
<input checked="" type="checkbox"/> Cheese & Tomato	\$4.00
<input checked="" type="checkbox"/> Egg, Lettuce & Mayonnaise	\$4.50
<input checked="" type="checkbox"/> Ham & Cheese	\$4.00
<input checked="" type="checkbox"/> Salad	\$4.00
<input checked="" type="checkbox"/> Cheese & Salad	\$4.50
<input checked="" type="checkbox"/> Tuna, Lettuce & Mayonnaise	\$4.50
<input checked="" type="checkbox"/> Ham, Cheese & Tomato	\$4.50
<input checked="" type="checkbox"/> Chicken & Salad	\$4.50
<input checked="" type="checkbox"/> Chicken, Lettuce & Mayonnaise	\$4.50
<input checked="" type="checkbox"/> Meatball Sub with Cheese	\$5.00
	<b><u>1/2 Wrap</u>   <u>Full Wrap</u></b>
<input checked="" type="checkbox"/> Chicken Caesar Wrap	\$4.00   \$5.50
<input checked="" type="checkbox"/> BBQ Meat Lovers Wrap	\$4.00   \$5.50
<input checked="" type="checkbox"/> Ham, Cheese & Pineapple Wrap	\$4.00   \$5.50
<input checked="" type="checkbox"/> Cheese & Spinach Wrap	\$4.00   \$5.50

## BIG CRUNCH SUSHI - Gluten & Dairy Free

<input checked="" type="checkbox"/> Chicken Teriyaki & Cucumber Roll	\$4.50
<input checked="" type="checkbox"/> Tuna & Cucumber Roll	\$4.50
<input checked="" type="checkbox"/> Cucumber Bite Box – Vegetarian	\$4.50
<input checked="" type="checkbox"/> Salmon Roll	\$4.50

Sushi available only Wednesday - Thursday - Friday

## SALADS

<input checked="" type="checkbox"/> Fruit Salad Tub	\$4.00
<input checked="" type="checkbox"/> Water Melon Tub	\$4.00
<input checked="" type="checkbox"/> Garden Salad - Vegetarian	\$5.00
<input checked="" type="checkbox"/> Greek Salad - Vegetarian	\$5.00
<input checked="" type="checkbox"/> Greek Salad with Grilled Chicken	\$5.50
<input checked="" type="checkbox"/> Garden Salad with Grilled Chicken	\$5.50
<input checked="" type="checkbox"/> Caesar Salad with Grilled Chicken	\$5.50
<input checked="" type="checkbox"/> Tuna Salad with Corn, Lett, Carrot & Cues	\$5.50

## HOT FOOD

<input checked="" type="checkbox"/> Homemade Veg Fried Rice	\$4.00
<input checked="" type="checkbox"/> Lean Sausage Roll	\$4.50
<input checked="" type="checkbox"/> Lean Fat Pie	\$4.50
<input checked="" type="checkbox"/> Corn Cob	\$2.00
<input checked="" type="checkbox"/> Baked Chicken Nuggets	\$4.50
<input checked="" type="checkbox"/> Home Made Lasagne	\$4.50
<input checked="" type="checkbox"/> Nachos - Thursday Only	\$5.50
<input checked="" type="checkbox"/> Home Made Pasta Bolognese	\$4.50
<input checked="" type="checkbox"/> Home Made Pasta Napolitana - Vegetarian	\$4.50
<input checked="" type="checkbox"/> Home Made Pasta & Cheese - Vegetarian	\$3.50
<input checked="" type="checkbox"/> Beef Ravioli	\$5.00
<input checked="" type="checkbox"/> Honey Soy Chicken with Steamed Rice	\$5.00
<input checked="" type="checkbox"/> Sausage Sizzle - Tuesday Only	\$4.00
<input checked="" type="checkbox"/> Hokkien Noodles with BBQ Pork	\$5.00

## SNACKS

<input checked="" type="checkbox"/> Red Rock Deli Sea Salt Chips	\$2.00
<input checked="" type="checkbox"/> JATZ Minis or Koala Lightly Salted Popcorn	\$2.00
<input checked="" type="checkbox"/> Carrot and Celery Sticks - Vegan	\$3.00
<input checked="" type="checkbox"/> Carrot, Celery Sticks, Hummus & Wrap Bread	\$4.00
<input checked="" type="checkbox"/> Mini Banana Bread	\$1.50
<input checked="" type="checkbox"/> Low Sugar Jelly Cups - Dairy Free	\$2.00
<input checked="" type="checkbox"/> Fresh Apples or Oranges	\$1.00
<input checked="" type="checkbox"/> Home Made Mini Muffin	\$2.00
<input checked="" type="checkbox"/> Home Made Mini Cookie	\$2.00
<input checked="" type="checkbox"/> Fresh Yoghurt & Whole Berries	\$3.50
<input checked="" type="checkbox"/> Twisted Frozen Yoghurt	\$3.00
<input checked="" type="checkbox"/> Quelch Juice Tubes - Dairy Free	\$1.00
<input checked="" type="checkbox"/> 100% Frozen Fruit Juice Cup - Dairy Free	\$2.00
<input checked="" type="checkbox"/> Moosie Frozen Milk Treat	\$2.00
<input checked="" type="checkbox"/> Ice Mony Frozen Treats	\$2.00
<input checked="" type="checkbox"/> 100% Apple Black Currant Slushie 200mL	\$2.50

## DRINKS

<input checked="" type="checkbox"/> Plain Milk	\$2.00
<input checked="" type="checkbox"/> Bottled Water	\$2.00
<input checked="" type="checkbox"/> 100% Apple Juice 200mL	\$3.00
<input checked="" type="checkbox"/> 100% Apple Black Currant Juice 200mL	\$3.00
<input checked="" type="checkbox"/> Hot Chocolate	\$2.50
<input checked="" type="checkbox"/> Moove Strawberry Milk	\$3.00
<input checked="" type="checkbox"/> Moove Chocolate Milk	\$3.00
<input checked="" type="checkbox"/> Chill J Natural Sparkling Fruit Juice	\$3.00

- EVERYDAY FOODS
- OCCASIONAL FOODS

**Crown St Public School Canteen accepts online orders using Munch Monitor - Setting up an online account is easy!**

*\*For any Gluten Free Sandwiches add 50c*

*\*All Sandwiches and Wraps can be Toasted - No Charge*

*\*All Sandwiches can be Wholemeal or White*

*\*All Tortilla Wraps are Wholemeal*

*\*All Cheese is Mainland Reduced Fat Tasty Cheese*

*\*All Chicken is Marinated in Garlic/Mustard and is Baked*

- 1. Go to [www.munchmonitor.com](http://www.munchmonitor.com)**
- 2. Click LOGIN**
- 3. Enter School ID: csps**
- 4. Enter Password: munch2010**

**OUR KITCHEN IS ALLERGY AWARE**  
 According to the new Healthy School Canteens Strategy of NSW you should fill at least ¼ of your menu with Everyday snacks, meals and drinks, with Occasional items making up ¼ of your menu. \*<https://healthyschoolcanteens.nsw.edu.au>