

Hornsby North Canteen Menu

Nutritious and Delicious

Online orders by 8:30am – www.munchmonitor.com

(GF) = Gluten Free

(V) = Vegetarian

✓ = Healthy option

Open Monday
to Friday for
Recess and
Lunch

Snacks recess/lunch counter or orders

Piece of Fruit (GF) (V) ✓	\$1.00
Cup of Vegetable Sticks (Dip of the Week) (V) ✓	\$1.00
Apple Slinky (GF) (V) ✓	\$1.00
Popcorn (Plain, air popped) (V) ✓	\$0.50
Breadsticks (2) (V) ✓	\$0.50
Pikelets (2) + jam (V) ✓	\$1.50
Raisin Toast (V) ✓	\$1.00
Cup of seasonal fruit (V) (GF) ✓	\$1.00

Frozen Snacks

Frozen Seasonal Fruit Pieces (GF) (V) ✓	\$0.50
Mango Fruit Juice 99% Frozen Slushie (GF) (V) ✓	\$2.00
Quelch Stick 99% Fruit Juice (flavour options below)	
Mango (GF) (V) ✓	\$0.70
Orange (GF) (V) ✓	\$0.70
Apple (GF) (V) ✓	\$0.70
Tropical (GF) (V) ✓	\$0.70
Chocolate Frozen Yoghurt (GF) (V)	\$2.00
Vanilla Ice Cream Cup (GF) (V)	\$2.00

Drinks

Water (GF) (V) ✓	\$2.00
Chocolate Milk (GF) (V) ✓	\$2.50
Strawberry Milk (GF) (V) ✓	\$2.50
Apple 99% Fruit Juice Popper (GF) (V) ✓	\$2.00
Tropical 99% Fruit Juice Popper (GF) (V) ✓	\$2.00

Due to health concerns, the canteen is unable to meet requests to heat/cook food brought from home.

Over the counter orders have to be at the canteen before 9:30am (paper bag - 10 cents if supplied by canteen)

Name / Class & order clearly labelled on bag

For busy families: Please place and pay for your orders online before 8:30am for the day/week/month! This assists both you and the canteen manager and volunteers.



Lunch Food orders only

Warm

Mini Pizza (lean ham, w/meal base) ✓	\$2.00
Mini Pizza (cheese only) (GF) (V) ✓	\$1.00
Beef Burger (+ options below) ✓	\$4.00
Tomato (V)	add \$0.50
Lettuce (V)	add \$0.50
Cheese (V)	add \$0.50
Tomato Sauce (V)	add \$0.50
Beef Lasagne ✓	\$4.00
Fried Rice (GF) (V) ✓	\$4.00
Beef Korma with Rice ✓	\$4.00
Thai Green Curry with Chicken, Green Beans & Rice ✓	\$4.00
Macaroni Cheese (V) ✓	\$4.00
Singapore Noodles ✓	\$4.00
Cheese & Vegemite Scroll (Mon-Wed) (V)	\$1.50
Sausage Roll (Thur-Fri)	\$3.50

Sandwiches (wholemeal bread ✓)

Ham	\$3.00
Lean Chicken ✓	\$3.00
Cheese (V) ✓	\$2.00
Egg (V) ✓	\$2.00

Optional extras

Tomato (V) ✓	add \$0.50
Lettuce (V) ✓	add \$0.50
Cheese (V) ✓	add \$0.50
Cucumber (V) ✓	add \$0.50
Gluten Free Bread (GF) (V) ✓	\$0
White Bread (V) ✓	\$0

Sushi (Tues, Thurs & Fri only)

Chicken & Lettuce ✓	\$4.00
Beef & Lettuce ✓	\$4.00
Avocado & Cucumber (V) ✓	\$4.00
Salmon, Avocado & Cucumber ✓	\$4.00
Tuna & Avocado ✓	\$4.00
Tuna & Cucumber ✓	\$4.00

✓ = healthy options. We are committed to providing tasty & nutritious food in accordance with the NSW Healthy Canteen Association & Healthy Kids Program

March 2020