Schools in NSW are required to follow the menu guidelines of the mandatory Fresh Tastes @ School Strategy.

The policy was introduced to improve the quality of food choices for children at school and to help them develop healthy eating behaviours for life.

Nemingha Canteen is operated by the P&C. All profit is returned to the school to contribute to new resources for our children’s education.

Please use separate bags for Recess and Lunch orders.

Lunch order bags can be purchased from the canteen for 20 cents.

All hot food is available to order at Recess. However, we do cook extra nuggets and hashbrowns to buy over the counter.

Join the fun and volunteer in the canteen!

Please contact Marion on 0414 766 131

www.nemingha-p.schools.nsw.edu.au
**Snacks**

- Popcorn Plain .................. $0.80
- Popcorn Chicken Flavoured .... $1.50
- Pikelets (4pk) ................... $0.80
  Made fresh daily
- Uncle Toby’s Cheerios (1/3 cup) . $0.30
- Red Rock Chips 28g ............. $1.30
  - Sea Salt
  - Honey Soy Chicken
- Grain Waves Sour Cream 28g .... $1.30
- Icy Bite ........................ $0.50
  99% Frozen Fruit Juice

**Salads**

- Salad container .................. $4.00
- Salad container + Meat .......... $4.50
  Salad Contains; lettuce, tomato, carrot, cucumber, cheese and a mayo swirl. Subject to availability.
  Meat choice: Ham or Chicken.

**Sandwiches & Rolls**

- Sandwich; Cheese or Vegemite . $2.00
- Meat & Cheese .................... $2.50
- Meat, Cheese & Tomato ........... $3.00
- Salad .............................. $3.50
- Meat & Salad ..................... $4.00
  Toasting - No extra charge

**Hot Food**

- Chicken Nugget (each) .......... $0.60
  Steggles Breast Goujons, no artificial colours & flavours
- Chicken Nuggets (5pk) .......... $3.00
- Hashbrowns (grilled, not fried) . $1.00
- Village Meat Pies ................
  - Lunch Beef Pie 160g .......... $3.50
  - Snack Beef Pie 85g .......... $2.50
- Sausage Roll 140g .............. $3.50
- Pizza (Hawaiian 5 inch) ......... $3.00
- Hot Chicken & Gravy Roll ...... $3.50
  Yummy Maggi gravy.
- Chicken Burger .................. $3.50
  Steggles crumbed chicken breast made on bread with lettuce & mayo.
- Triple C Burger ................ $3.50
  Steggles crumbed chicken breast made on bread with grated cheese and sweet chilli sauce.

**Sauces;**

- Tomato, BBQ, Sweet Chilli . $0.10

**Allied Chefs Winter Specials**

**Term 2-3 only**

- Fried Rice 200g ................ $4.00
- Lasagna 220g .................... $4.00
- Potato Bake 200g ............... $4.00
- Macaroni Cheese 200g .......... $4.00

**Drinks**

- Bottled Water 600ml ............ $1.00
- Cold/Warm Milo ................ $1.30
- Fruit Juice Popper ............. $1.50
  99% Fruit Juice, no added sugar, no artificial colour/preservatives. 250ml
  - Apple
  - Orange
- Calci Yum Choc Milk 250ml .... $2.00

**Lunchtime Treats**

- Icy Bite ........................ $0.50
  99% Frozen Fruit Juice
- Frozen Juice Cup ............... $1.00
  No added sugar. 110g
  - Blackcurrant or Orange
- Moosies; Choc or Strawberry .... $1.40
  Frozen Milk Freeze. 85g
- Bulla Vanilla Ice Cream Cup .... $1.50
  Gluten Free. 100ml.