



INVERELL PUBLIC SCHOOL CANTEEN MENU TERM 1 - 2021

	GREEN - EVERYDAY CHOICE		AMBER - OCASSIONAL CHOICE	
	PRE ORDERS ONLY	\$	PRE ORDERS ONLY	\$
SANDWICHES White OR Wholemeal Bread Wraps/Bread Rolls Gluten Free Wraps also available	Lite cheese	2.00	HOT FOOD	
	Lite cheese & Tomato	2.40	PIES & S/ROLLS - MON, WED & FRI ONLY	
	Egg only	2.50	School Pie	2.50
	Egg, lettuce & Lite Mayo	3.00	Sausage Roll - HALF	1.70
	Ham only	3.00	Hot Dog - HALF	1.70
	Ham & lite cheese	3.20	Crumbed Fish	3.20
	Ham, lite cheese & tomato	3.40	Chicken Burger & salad	4.70
	Ham & salad	5.00	Chicken Burger - burger only	4.50
	Chicken only	3.50	Cheesy Beef Burger - Let, tomato, beetroot, cheese & sauce	5.50
	Chicken lettuce & mayo	3.70	Lasagne	4.00
	Chicken, lite cheese & mayo	3.80	Spaghetti Bolognese	4.00
	Chicken & salad	5.50	Macaroni Cheese	4.00
	Salad only	4.00	Fried Rice	4.00
	Vegemite, Honey, Strawberry Jam	2.00	Wedges	4.00
	IPS MINI WRAP	Chicken, lite cheese, lettuce & mayo	2.00	Dino Nuggets (4)
HALF WRAPS	Salad only	2.00	Gluten Free Nuggets (4)	2.70
	Ham & salad	3.00	Chicken Crackles (3)	2.50
	Chicken & salad	3.20		
SALAD BOXES	Lettuce, tomato, cucumber, carrot, lite cheese, beetroot with lite dressing (meat/egg extra)	SM 3.50		
		LG 5.00		
ADD ON EXTRA FOR:	Toasting	.50	Sour cream & sw/chilli sauce	.60
	Wraps or bread rolls	1.00	SAUCE EXTRA BBQ/TOMATO	.40
	Chicken or Ham	1.00	PLASTIC SPOON/FORK	.10
	Egg	1.00		
DRINKS LUNCH & RECESS	Flavoured Milk - BIG M (choc/straw) 300ml	2.60	FROZEN OPTIONS RECESS	
	Up & Go Vanilla 250ml	2.60	Quelch Stick-99% Fruit Juice 70ml	1.00
	M2GO Flavoured Milk (choc/straw)250ml	2.80	Frozen Pineapple Rings	.60
	Cup of milk with Sipahh Straw (choc/straw)	2.10	Slushies - 99% Fruit Juice	3.00
	Hot/Cold Chocolate Lite Milk	2.10	Frozen Yogurt	2.50
	Pop Top Juice (orange/apple) 250ml	2.60	Bulla Ice Cream	2.00
	Golden Circle Fruit Juice Poppers	2.00	Fizz Pops - 99% Juice	1.50
	600ml Bottled Water	2.40		
	250ml Bottled Water	1.30		
SNACKS LUNCH & RECESS	Fresh Popcorn in a bag - Small- 20c Large - 50c		Jatz with vegemite	.20
	Fresh Fruit - from \$1.00 - \$1.50		Bega Stringers Cheese	1.50
	Fruit Salad Cup	2.50	Rice Cake, cheese & tomato	1.50
	Lite Yog cup with strawberries - 100ml	2.00	Red Rock Deli Chips (Sea Salt)	1.50
	Lite Yog cup with strawberries - 200ml	3.00	Grain Waves	1.50
	Cereal in cup w/Lite milk	1.50	Low F Custard - 100ml \$1.50 200ml \$2.50	
	Cereal in cup without milk	1.00	Mini Jelly Cups with Fruit (Diet crystals)	1.50
WEEKLY OPTIONS	<p>Every TUESDAY there will be a weekly option available for purchase at the canteen. These weekly options will be advertised via the school newsletter and Face book page. <i>Keep an eye out for these yummy specials!</i> Examples of these options include: - Up n Go Muffins, Health Slice...</p>			