



Terrigal Public School Canteen

Term 4 2023 & Term 1 2024

Open Mon – Fri from 8.30am

For information, please contact Lyn at the canteen



Recess

Veggie Sticks (<i>carrot, cucumber, celery</i>)	\$2.00
Rice crackers with cheese & carrot	\$2.00
Add dip to any of the above;	
- canteen made hommus, salsa	\$0.50
- guacamole	\$1.50
Rice crackers with dip (<i>\$1 extra for guac</i>)	\$1.50

Weekly Recess Items

Hot pockets – available Mon, Tues & Wed	\$2.50
<i>Filling choices; cheese, ham & cheese, Salsa & cheese, Pizza (ham, cheese & pizza sauce)</i>	
Cutie Pops – available Mon & Wed	\$1.50
<i>Frozen popsicles in cute animal shape; choc, strawb, juice</i>	
Fruit Kebabs – available Mon & Tues	\$2.00
<i>Seasonal fruit in chunks on a kebab stick</i>	
Cutie Drops – available Tues & Thurs	\$1.00
<i>Frozen mini animal shapes – five in a bag. Flavours A/A</i>	
Pizza Melt – available Thurs	\$1.50
<i>Bakery focaccia with pizza toppings made fresh and hot in the canteen</i>	
Canteen Made Pikelets – available Friday	\$0.70
<i>Choice of plain or fruit, buttered or not</i>	

Birthday Fruit Tubes

Available to order for class birthdays – order in a pack of 24 for \$18.00, and add extras on if you need more for 90c each. Please let your child's teacher know that you have ordered these for pick up from the canteen.

Available All Day

Fresh Fruit – Apple, Banana, Orange	\$1.50
Half Cheese and Bacon roll	\$1.80
Canteen made Fruit Muffin	\$1.20
Fresh Vanilla Yoghurt cup	\$1.20
Custard cup	\$1.20
Chocolate Mousse	\$1.00
Popcorn	\$1.20
Red Rock sea salt chips	\$1.70

Drinks (Recess and Lunch)

Water – 600ml	\$2.00
Plain milk 300ml	\$2.00
Norco Chocolate or Strawberry milk 300ml	\$3.00
Sipahh Milk (<i>range of flavours on Spriggy</i>)	\$3.00
Juice Popper 200mls	\$2.50
Juice Bottle 250mls	\$3.00
Juice Bomb (<i>Carbonated fruit juice</i>)	\$3.20

Frozen Items (Recess and Lunch)

10 x Frozen drops (<i>Choc, strawb or juice</i>)	\$1.00
Snapstix (<i>sweet or sour flavour</i>)	\$1.00
Icy Cup (<i>Blackcurrant; Orange or Apple</i>)	\$1.00
Juicies Fruit Ice Block (<i>Wildberry, Apple lemonade, Tropical, Orange</i>)	\$1.70
Vanilla Light Ice Cream Dixy Cup	\$1.70
Twisted Frozen Yoghurt (<i>Strawberry, Mango & Watermelon, Chocolate</i>)	\$3.00

Lunch – Hot Food

Corn Cob	\$1.50
Hot Cheese Roll	\$1.50
Hot Garlic Roll	\$1.50
Hot Cheese & Ham Roll	\$2.00
Yummy Chicken Fingers (<i>each</i>)	\$0.70
Gluten Free Chicken Tenders	\$2.00
Ham & Pineapple Pizza	\$4.50
Tomato Sauce - \$0.30	BBQ Sauce - \$0.50
Fork or spoon (<i>additional to requirements</i>) - \$0.10	

Weekly Lunch Items

Frittata and salad – available Monday	\$5.50
<i>Canteen made gluten free zucchini, ham and cheese frittata served cold with a side salad.</i>	
Tasty Focaccia Toasties – available Tuesday	From \$3.50
<i>Choice of cheese & tomato; ham & cheese (add 50c); ham, cheese & tomato (add \$1) or chicken cheese and guacamole (add \$2) toasted on bakery focaccia.</i>	
Sticky Chicken Pack – available Wednesday	\$6.00
<i>Chicken drumstick in a canteen made marinade with corn cob and veggie sticks.</i>	
Nachos – beef or bean – available Thursday	\$6.00
<i>Canteen made Mexican spiced beef mince or vegetarian bean mix, served hot over corn chips, cheese and salsa. Naturally gluten free. Add guac for \$1.50 extra</i>	
Fresh Friday Wraps – available Friday	\$6.00
<i>Choice of ham & full salad; chicken, salsa, cheese, lettuce & tomato; or chicken with sweet chilli, mayo, lettuce, tomato and carrot. Add guac for \$1 extra. Served cold for hot summer days!</i>	

Online orders preferred. You can register at www.spriggyschools.com.au to set up your online account for canteen and uniform shop orders. *Please note, flavours or prices may vary without notice.*

The Hunger Haven is a P&C run canteen. All profits from the canteen are returned to the P&C to benefit our students.



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Lunch


Sandwiches / Wraps / Rolls

Wholemeal bread, white roll, wrap	\$2.50
Gluten Free Bread	\$3.00
Then add fillings, sauces etc;	
Full salad (lettuce, carrot, tomato, cucumber, beetroot)	\$2.50
Lettuce	\$0.70
Tomato	\$0.70
Carrot	\$0.50
Cucumber	\$0.50
Beetroot	\$0.50
Cheese	\$0.50
Pineapple slice	\$0.80
Hard Boiled Egg (sliced or mixed with mayo)	\$1.50
Tuna	\$1.50
Ham	\$1.50
Poached Chicken Breast	\$2.00
Vegemite	\$0.50
Mayo	\$0.30
Tomato Sauce	\$0.20
BBQ Sauce	\$0.30
Sweet Chilli Sauce	\$0.30
Salsa	\$0.40
Guacamole	\$1.00
Toasting / Oven Warmed	\$0.30

Salad Bar

Charged by each salad item chosen. The salad box will be as full as the number of serves you choose. For example, if you choose lettuce only, your box will not be completely full of lettuce, but rather you will receive one serve of lettuce in the box only.

Enviroboard salad box and fork	\$0.50
Lettuce	\$0.70
Tomato	\$0.70
Carrot	\$0.50
Cucumber	\$0.50
Beetroot	\$0.50
Celery	\$0.50
Cheese	\$0.50
Pineapple slice	\$0.80
Chickpeas	\$0.80
Hard Boiled Egg (sliced or mixed with mayo)	\$1.50
Tuna	\$1.50
Ham	\$1.50
Poached Chicken Breast	\$2.00
Salsa (full serve)	\$0.50
Hommus (full serve)	\$0.50
Guacamole (full serve)	\$1.50
Buttered roll (half sub roll)	\$1.00

 **Have you seen our canteen Facebook page?**
Join our page at **TPS~~Canteen~~** to stay up to date with current specials, pictures of our menu items and details of what's happening in our canteen!

Burgers

Standard Cheeseburger	\$5.50
<i>Your choice of our beef, crumbed chicken, chargrilled chicken or veggie pattie on a bread roll with tomato or BBQ sauce and cheese</i>	
Standard Chicken burger	\$5.70
<i>Your choice of crumbed chicken or chargrilled chicken with lettuce and mayo</i>	
Build Your Own Burger	\$5.00
<i>Start with your choice of burger pattie (beef, crumbed chicken, chargrilled chicken or veggie) on a roll, then add your choice of sauces and fillings from the below. Create your own perfect burger!</i>	
Mayo	\$0.30
Tomato Sauce	\$0.20
BBQ Sauce	\$0.30
Sweet Chilli Sauce	\$0.30
Salsa	\$0.40
Guacamole	\$1.00
Full salad (lettuce, carrot, tomato, cucumber, beetroot)	\$2.50
Lettuce	\$0.70
Tomato	\$0.70
Carrot	\$0.50
Cucumber	\$0.50
Beetroot	\$0.50
Cheese	\$0.50
Pineapple slice	\$0.80

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