

# SAMPLE HIGH SCHOOL

## Canteen price list

### Rolls and Sandwiches (by lunch order only)

Salad lettuce, cheese, tomato and carrot <b>V</b>	\$4.60
Chicken, lettuce and mayo	\$5.20
Chicken and salad	\$5.60
Ham and salad	\$5.20
Meat <small>chicken or ham</small>	\$3.60
Meat with cheese and tomato	\$4.60
Tuna mix and lettuce	\$4.60
Egg and lettuce <b>V</b>	\$4.60
Plain Roll	\$1.20

**Wholemeal bread** on all sandwiches and rolls

Beetroot, cucumber	\$0.60
Mayo, mustard or pickles	no charge

### Wraps (all wraps include salad)

Chicken Caesar Salad	\$5.00
Chicken Tandoori	\$5.00
Falafel	\$5.00
Tuna	\$5.00
Salad	\$5.00

### Muffins

Variety of home-baked muffins daily	\$2.00
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### Focaccias

Chicken, cheese and tomato	\$5.50
Ham, cheese and tomato	\$5.50

### Gluten-Free Products

Salad Wraps	\$5.50
Chicken Noodles	\$4.00
Meat Pie	\$4.50

### Sushi (delivered fresh daily)

Vegetarian <b>V</b>	\$2.60
Smoked Salmon	\$2.60
Californian	\$2.60
Chicken	\$2.60
Tuna	\$2.60
Prawn	\$2.60

**V** = Vegetarian

### Hot Food

Dim Sims	\$1.00
Chicken goujons	\$0.50
Hotdog <small>low fat</small>	\$3.60
Corn jack <b>V</b>	\$2.20
Beefburger with lettuce, cheese and tomato	\$4.00
Vegeburger with lettuce, mayo and tomato <b>V</b>	\$4.00
Chicken burger with lettuce, mayo and tomato	\$4.00
Hash brown	\$1.00
Chicken drumstick	\$1.00
Bacon and egg pita pocket	\$3.50
Cheese and bacon pita pocket	\$3.00

### Pastries

Mega sausage roll	\$3.20
Beef traveller pie	\$3.50
Meat pie	\$4.00
Beef, bacon and cheese	\$4.00
Steak and mushroom	\$4.00
Beef, curry and rice	\$4.00
Spinach and cheese roll <b>V</b>	\$4.00
Whole meal vegetable pasty <b>V</b>	\$4.00
Cottage	\$4.00

### Pastas

Macaroni cheese <b>V</b>	\$4.00
Ravioli	\$4.00
Spaghetti Bolognese	\$4.00
Lasagna	\$4.00

### Pizza

Ham & Cheese, Hot & Spicy, Margherita <b>V</b> , Hawaiian or Supreme	\$3.80
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### Noodles

Fantastic Chicken or Beef	\$3.20
Oriental <b>V</b>	\$3.20

### Soups (available Terms 2 and 3)

Soup served with dinner roll Please check blackboard daily for soup variety	\$4.50
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### Hot rolls

Chicken and mayo	\$5.30
Sweet chicken chili tenders with lettuce and mayo	\$5.20

### Daily Specials Board

Please check the specials board for new items and food available on specified days.

### Fruit

Fruit tub  
Pricing of fruit and availability is subject to fruit in season.      Subject to availability

### Yoghurt (97% fat free)

Fresh yoghurt with berries      \$3.50  
Fresh yoghurt with mango coulis      \$3.30  
Frozen yoghurt      \$2.20

### Ice creams

Icy Twist      \$1.70  
Paddle Pop chocolate, rainbow or banana      \$2.00  
Paddle Pop Shakey Shake      \$2.30  
Sunny boys raspberry, cola, lemonade or orange      \$1.00  
99% Fruit slushy available Terms 1 and 4      \$2.00  
Paddle Pop Cyclone      \$2.30  
Zooper Dooper      \$0.90

### Jelly

Raspberry, orange or lime      \$1.00

### Miscellaneous

Pretzels      \$2.50  
Red Rock Deli chip varieties      \$2.50  
Grainwave varieties      \$2.50  
JJ's      \$1.60

### Drinks

450ml Schweppes varieties      \$3.00  
600ml Schweppes varieties      \$3.70

### Water

Cool Ridge 750ml      \$3.00

### Juice

Juice 400ml  
Orange, apple and mango, pineapple or apple      \$3.00  
Just Juice box  
Orange, apple, paradise punch or apple & blackcurrant      \$2.30

### Iced Teas

Citrus Green, Peach and Mango      \$3.50

### Milk

Up and Go  
Vanilla, strawberry, banana or chocolate      \$2.40  
Plain milk 600ml      \$2.40  
Big M 250ml  
Chocolate and strawberry or iced coffee      \$2.60  
Big M 600ml  
Chocolate, strawberry, mocha or banana      \$3.80

### Hot drinks

Hot Chocolate      \$2.00

## Guarantee the lunch you want!

Beat the crowds, place a lunch order.

To receive your lunch order, just come to the "staff/lunch" order window. No more queues!

**Lunch orders must be at the Canteen by recess – put your bag in the slot in the window.**

1. Use a LARGE PAPER BAG.
2. Write clearly your name, year level and food order
3. Put the money in the bag – change will be given.