

Terrigal High School Canteen Menu

Term 4 2019

Check the noticeboard & Flexischools App for specials & meal deals
EFTPOS AVAILABLE

 Terrigal High School Canteen



Breakfast Menu

Available every day to order

Plain Pikelets	\$0.50
Fruit Pikelets	\$0.50
Toast (2) Vegemite/Jam	\$1.00
Raisin Toast (2)	\$1.50
Hash Brown	\$1.00
Yummy Drummie	\$1.50
Melted Cheese ½ Roll	\$1.50
Melted Cheese & Tomato	\$1.50
Cereal with Milk 2 varieties	\$2.00
Muesli & Yoghurt	\$2.00
Oats Yoghurt & Fruit	\$2.50
Toasties	From \$3.00
Egg Roll	\$3.50
Cheese & Bacon Roll	\$2.00
Ham & Egg Wrap	\$4.00

Fresh Fruit & Veg Snacks

Available every day to order

Cucumber Sticks	\$1.00
Carrot or Celery Sticks	\$1.00
Veg Combination Pack	\$1.00
Vege Sticks with Dip	\$2.00
Orange (cut if required)	\$1.50
Apple	\$1.50
Watermelon	\$1.50
Small Fruit Salad	\$2.00
Medium Fruit Salad	\$3.50
Medium Fruit Salad & Yoghurt	\$4.00
Medium Fruit Salad & Custard	\$4.00
Large Fruit Salad	\$4.50
Large Fruit Salad & Custard	\$5.00
Large Fruit Salad & Yoghurt	\$5.00

Frozen Snacks

Available every day to order

Quelch Juice Sticks x 4 flavours	\$0.50
Frozen Juice Cup x 3 flavours	\$1.00
Ice Mony 3 Flavours	\$1.00
Juicies x 4 flavours	\$1.50
Frozen Fruit Yoghurt	\$2.50
Frozen Yoghurt with Fruit Pieces	\$2.50
Tub Low Fat Icecream	\$1.50



Drinks

Available every day to order

300ml Spring Water	\$1.00
600ml Spring Water	\$2.00
1.5 Litre Spring Water	\$3.00
Sparkling Water 3 varieties	\$3.00
Juice Cup x 3 Flavours	\$1.00
Chill Sparkling Juice x 4 Flavours	\$2.50
Fruit Juice 250 ml	\$2.50
Milk (Plain) 300ml	\$2.00
Plain Milk with Siparh Straw	\$2.50
Milk (Flavoured) 300ml	\$2.50
Milk Flavoured 500ml	\$4.00
Up & Go	\$2.50
Hot Chocolate	Small \$2.00
Hot Chocolate	Large \$3.00
Light Iced Tea 3 Flavours	\$4.00
Aloe Drink	\$4.00
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00

Cold Snacks

Available every day to order

Jelly	\$1.00
Plain Custard	\$1.00
Jelly & Custard	\$1.00
Jelly & Yoghurt	\$1.00
Jelly with Fresh Fruit	\$2.00
Jelly with Fresh Fruit & Custard	\$2.50
Chocolate Mousse	\$2.00
Low Fat Yoghurt	\$2.50
Yoghurt with Fruit Pieces	\$2.50

New items will be advertised on Facebook and Flexischools

Snack Foods

Available every day to order

Cruskits (4) or Rice Cakes GF (4)	
With Vegemite	\$2.00
With Cheese	\$2.50
With Avocado	\$3.00
Fruity Bites	\$1.00
Garlic Bread	\$1.50
Bread Sticks	\$0.50
Milo Wholegrain Cereal	\$1.00
Coco Bombs Cereal GF	\$1.00
Homemade ANZAC Cookies	\$1.00
Veg Snack Crackers GF	\$1.50
Popcorn x 3 Flavours	\$1.50
Red Rock Sea Salt Deli Chips GF	\$1.50
Low Fat Muffins	\$2.00
Low Fat Slices	\$2.00
Banana Bread	\$2.50

Ordering information

Orders are preferred online at Flexischools.com.au by 9.30am. When ordering online, items must be selected for the break for which they are required. Orders are also accepted over the counter and can be collected from the side window. **Breakfast orders** are available for pick up from the canteen from 8am. Orders for breakfast close at 7.40am

Download the Flexischools APP today

All possible care is taken when preparing Gluten Free Foods



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Sandwiches, Rolls & Wraps

Prepared fresh in the Canteen.
Available every day to order.

Ham or Chicken & Salad	\$5.00
Salad with Cheese	\$4.00
Salmon	\$3.50
Tuna	\$3.50
Chicken	\$3.50
Ham	\$3.50
Salad	\$3.50
Egg	\$3.00
Cheese	\$3.00
Vegemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1.50

Sandwich Extras

Also available to add as extras to burgers and focaccias

Gluten Free Bread	\$0.50
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Pineapple	\$0.50
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$1.50
Tomato	\$0.50
BBQ, Mayo, Tomato or Sweet Chilli Sauce available	

Fresh Salads

Available every day to order. Select from Set Salads or create your own

Caesar Salad	\$5.00
Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing	
Greek Salad	\$5.00
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing	

Garden Salad	\$5.00
Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing	

Pasta Salad	\$5.00
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing	

Create Your Own Salad

Avocado	\$1.00
Bacon pieces	\$1.00
Beetroot	\$0.50
Capsicum	\$0.50
Carrot	\$0.50
Celery	\$0.50
Cheese – Tasty	\$1.00
Cheese – Parmesan	\$1.00
Cheese – Feta	\$1.00
Croutons	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Olives	\$0.50
Onion	\$0.50
Pineapple	\$0.50
Tomato	\$0.50
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Sauce/Dressing Sachet	\$0.30



Toasted Focaccias

Add to from Sandwich Extras List

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Ham, Cheese & Tomato	\$4.50
Ham Cheese & Pineapple	\$5.00

Burgers

Available every day to order. Plain or with sauce. Add to from Sandwich Extras

Beef	\$4.00
Fish,	\$4.00
Chicken	\$4.00
Vegie Burger	\$4.00
Any With Salad	\$5.00

Pizza

Available every day to order

Ham & Pineapple	\$3.50
Ham	\$3.50
Vegetarian	\$3.50
Cheese	\$3.50
BBQ Chicken	\$3.50
GF Base	Extra \$1.00

GF - Gluten Free

Purchasing during breaks

A wide selection of foods will be available for purchase **over the counter** for breakfast and at both breaks - but not necessarily all foods on the menu. Ordering online is the only way to ensure your choice is available at any given time.

Check the noticeboard & the Flexischools App for specials & meal deals

EFTPOS AVAILABLE

Hot Foods

Available every day to order



Yummy Drummies	\$1.50
Chicken Noodle Soup GF	\$2.00
Junior Beef Pie (Low Fat)	\$2.00
Garlic Bread	\$1.50
Boiled Rice GF	\$2.00
Cheese Pocket	\$2.00
Ham & Cheese Pocket	\$2.50
Chicken & Cheese Pocket	\$2.50
2 Minute Noodles	\$3.00
2 Minute Noodles GF	\$3.50
Toasties	From \$3.00
Hot Dog	\$3.00
Hot Dog with Cheese	\$4.00
Beef Pie (Low Fat)	\$4.00
Beef Pie GF	\$4.50
Sausage Roll (Low Fat)	\$3.00
Sauce Sachets	\$0.30

Homemade Meals

Available every day to order

Honey Soy Chicken & Rice GF	\$5.00
Beef Nachos	\$5.00
Butter Chicken with Rice GF	\$5.00
Spaghetti Bolognese	\$5.00
Chicken Caesar Toasted Wrap	\$5.00
Chicken Fried Rice GF	\$5.00
Vegetarian Pasta GF	\$4.00
Vegetarian Fried Rice GF	\$4.00

A selection of additional fresh homemade meals will be made as **Specials** and advertised on Flexischools.com.au, the Canteen Noticeboard and Facebook.

