

HIGH SCHOOL CANTEEN MENU

TERM 1 2023

**CHECK THE NOTICEBOARD &
FACEBOOK
FOR SPECIALS & MEAL DEALS**

**Other foods will also be
made daily & available to
purchase over the
counter**



BREAKFAST MENU

Available every day to order

| | |
|------------------------|-------------|
| Plain Pikelets | \$0.60 |
| Fruit Pikelets | \$0.80 |
| Toast (2) Vegemite/Jam | \$1.20 |
| Raisin Toast (2) | \$1.50 |
| Hash Brown | \$1.00 |
| Chicken Drummy | \$1.00 |
| Melted Cheese ½ Roll | \$2.00 |
| Melted Cheese & Tomato | \$2.00 |
| Cereal with Milk | \$2.00 |
| Muesli & Yoghurt | \$2.00 |
| Oats Yoghurt & Fruit | \$2.50 |
| Toasties | From \$3.00 |
| Bacon & Egg Roll | \$4.50 |

FRESH FRUIT & VEG SNACKS

Available every day

| | |
|------------------------------|--------|
| Cucumber Sticks | \$1.50 |
| Carrot or Celery Sticks | \$1.50 |
| Veg Combination Pack | \$1.50 |
| Vege Sticks with Dip | \$2.50 |
| Orange (cut if required) | \$1.50 |
| Apple | \$1.50 |
| Watermelon | \$1.50 |
| Small Fruit Salad | \$3.00 |
| Medium Fruit Salad | \$4.00 |
| Medium Fruit Salad & Yoghurt | \$5.00 |
| Medium Fruit Salad & Custard | \$5.00 |
| Large Fruit Salad | \$5.00 |
| Large Fruit Salad & Custard | \$6.00 |
| Large Fruit Salad & Yoghurt | \$6.00 |

FROZEN SNACKS

Available every day

| | |
|----------------------------------|--------|
| Quelch Stick | \$0.50 |
| Frozen Juice Cup | \$1.00 |
| Ice Mony Choc Lemon | \$1.00 |
| Juicies Tubes | \$1.50 |
| Low Fat Icecream Cup | \$2.00 |
| Paddle Pop | \$2.00 |
| Frozen Fruit Yoghurt | \$2.50 |
| Frozen Yoghurt with Fruit Pieces | \$2.50 |



New items will be advertised on the Canteen Facebook Page

DRINKS

| | |
|------------------------------|--------------|
| 300ml Spring Water | \$1.00 |
| 600ml Spring Water | \$2.00 |
| 1.5 Litre Spring Water | \$3.00 |
| Light Sparkling Water | \$3.00 |
| No Sugar Soft Drink | \$3.00 |
| Juice Cup x 3 Flavours | \$1.00 |
| Juice Bomb Sparkling Juice | \$3.00 |
| Fruit Juice 250 ml | \$2.50 |
| Milk (Plain) 300ml | \$2.20 |
| Plain Milk with Siparh Straw | \$3.00 |
| Milk (Flavoured) Sml | \$3.00 |
| Milk Flavoured Lge | \$4.50 |
| Soy Milk | \$2.50 |
| Up & Go | \$2.50 |
| Hot Chocolate | Small \$2.00 |
| Hot Chocolate | Large \$3.00 |
| Light Iced Tea | \$4.50 |
| Aloe Drinks | \$4.50 |
| Milo Milk | Small \$2.00 |
| Milo Milk | Large \$3.00 |

COLD SNACKS CM

Available every day

| | |
|----------------------------------|--------|
| 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 | \$3.00 |

SNACK FOODS

Available every day

| | |
|-----------------------------------|--------|
| 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 | \$2.00 |
| Bread Sticks | \$0.50 |
| Milo Wholegrain Cereal | \$1.00 |
| Coco Bombs Cereal GF | \$1.00 |
| Homemade ANZAC Cookies | \$1.00 |
| Popcorn | \$1.60 |
| Red Rock Deli Chips GF | \$1.60 |
| Low Fat Muffins | \$2.50 |
| Low Fat Slices | \$2.50 |
| Banana Bread | \$2.50 |



ORDERING INFORMATION

Orders are preferred online via the Flexischools App by 9.00am. When ordering online, items must be selected for the break for which they are required. Orders are also accepted over the counter in the morning and can be collected from the end window.

Breakfast orders are available for pick up from the canteen from 7.45am.

Download the new Flexischools APP

**All possible care is taken when
preparing Gluten Free Foods**

HIGH SCHOOL CANTEN MENU TERM 1 2023



SANDWICHES, ROLLS & WRAPS

Prepared fresh in the Canteen.

Available every day to order. CM

| | |
|---------------------|--------|
| Ham & Salad | \$5.50 |
| Chicken & Salad | \$5.50 |
| Salad with Cheese V | \$5.50 |
| Salmon | \$5.00 |
| Tuna | \$5.00 |
| Chicken | \$5.00 |
| Ham | \$5.00 |
| Salad | \$5.00 |
| Egg | \$5.00 |
| Cheese | \$4.00 |
| 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 | \$1.00 |
| Toasted | \$0.50 |
| Avocado | \$1.00 |
| Beetroot | \$0.50 |
| Carrot | \$0.50 |
| Cheese | \$0.50 |
| Cucumber | \$0.50 |
| Egg | \$1.00 |
| Lettuce | \$0.50 |
| Onion | \$0.50 |
| Pineapple | \$0.50 |
| Salad (Carrot, Tomato, Lettuce, Cucumber) | \$1.50 |
| Tomato | \$0.50 |
| BBQ, Mayo, Tomato or Sweet Chilli Sauce available free | |

FRESH SALADS

Available everyday to order. Select from set salads or create your own on Flexischools

| | |
|---|--------|
| Caesar Salad CM | \$6.00 |
| Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing | |
| Greek Salad V CM | \$6.00 |
| Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing | |
| Cheese Salad V CM | \$6.00 |
| Lettuce, Tomato, Carrot., Capsicum, Celery, Cheese, Cucumber & Dressing | |
| Pasta Salad V CM | \$6.00 |
| Pasta, corn, carrot, capsicum, cherry tomatoes & dressing | |
| Create Your Own Salad | |
| Avocado | \$1.00 |
| Bacon pieces | \$1.50 |
| Beetroot | \$0.50 |
| Capsicum | \$0.80 |
| Carrot | \$0.50 |
| Celery | \$0.50 |
| Cheese – Tasty | \$1.50 |
| Cheese – Parmesan | \$1.50 |
| Cheese – Feta | \$1.50 |
| Croutons | \$0.50 |
| Cucumber | \$0.80 |
| Egg | \$1.20 |
| Lettuce | \$0.80 |
| Olives | \$0.80 |
| Onion | \$0.50 |
| Pineapple | \$0.80 |
| Tomato | \$1.00 |
| Ham | \$1.50 |
| Chicken | \$1.50 |
| Salmon | \$1.50 |
| Tuna | \$1.50 |
| Sauce/Dressing Sachet | \$0.30 |



TOASTED FOCACCIA BREAD

Order on Flexischools to add your choice of fillings

| | |
|---------------------------|--------|
| Cheese | \$4.00 |
| Chicken & Cheese | \$5.00 |
| Ham & Cheese | \$5.00 |
| Ham & Tomato | \$5.00 |
| Chicken & Pineapple | \$5.00 |
| Ham, Cheese & Tomato | \$5.50 |
| Ham Cheese & Pineapple | \$5.50 |
| Chicken & Avocado | \$5.50 |
| Chicken, Cheese & Avocado | \$6.00 |

BURGERS

Available every day to order. All with Lettuce & Sauce. Add to from Sandwich Extras

| | |
|------------------------|--------|
| Beef & BBQ Sauce | \$5.50 |
| Fish & Mayo | \$5.50 |
| Chicken & Mayo | \$5.50 |
| Veggie Burger & Mayo V | \$5.50 |
| Any With Salad | \$6.50 |



PIZZA

Available every day to order

| | |
|-----------------|--------------|
| Ham & Pineapple | \$4.50 |
| Ham | \$4.50 |
| Vegetarian V | \$4.50 |
| Cheese V | \$4.00 |
| BBQ Chicken | \$4.50 |
| GF Base | Extra \$1.50 |

A wide selection of foods will be available for purchase **over the counter** for both breaks - but not necessarily all foods on the menu. Order online to ensure your choice is available.

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

HOT FOODS

Available every day to order

| | |
|---------------------------|-------------|
| Mini Chicken Drumsticks | \$1.00 |
| Junior Beef Pie (Low Fat) | \$2.00 |
| Garlic Bread | \$2.00 |
| Boiled Rice GF | \$2.00 |
| Cheese Pocket V | \$2.00 |
| Ham & Cheese Pocket | \$3.00 |
| Chicken & Cheese Pocket | \$3.00 |
| 2 Minute Noodles | \$3.00 |
| 2 Minute Noodles GF | \$3.50 |
| Toasties | From \$3.00 |
| Hot Dog | \$3.50 |
| Hot Dog with Cheese | \$4.00 |
| Beef Pie (Low Fat) | \$4.00 |
| Beef Pie GF | \$5.00 |
| Sausage Roll (Low Fat) | \$3.50 |
| Sauce Sachets | \$0.30 |

HOMEMADE MEALS ALL CM

Available every day to order

| | |
|-----------------------------|--------|
| Honey Soy Chicken & Rice GF | \$6.00 |
| Beef Nachos | \$6.00 |
| Vegetarian Nachos V | \$6.00 |
| Butter Chicken with Rice GF | \$6.00 |
| Pasta Bolognaise | \$6.00 |
| Beef Burrito | \$6.00 |
| Chicken Caesar Toasted Wrap | \$6.00 |
| Chicken Fried Rice GF | \$6.00 |
| Vegetarian Pasta GF V | \$5.00 |
| Vegetarian Fried Rice GF V | \$5.00 |

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

GF = Gluten Free CM = Canteen Made

