

# TERRIGAL HIGH SCHOOL CANTEEN MENU



2024

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



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	\$1.00
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	\$5.00
Bacon & Egg Wrap	\$5.00

## 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	\$0.80
Frozen Juice Cup	\$1.00
Ice Mony	\$1.50
Juicies	\$2.50
Low Fat Icecream Cup	\$2.50
Paddle Pop	\$3.00
Frozen Fruit Yoghurt	\$3.00
Frozen Yoghurt with Fruit Pieces	\$3.00



**New items will be advertised on the Canteen Facebook Page**



## DRINKS

Available every day

300ml Spring Water	\$1.50
600ml Spring Water	\$2.00
1.5 Litre Spring Water	\$3.00
Light Sparkling Water	\$3.00
Juice Cup	\$1.00
Juice Bomb Sparkling Juice	\$3.00
Fruit Juice 250 ml	\$3.00
Milk (Plain) 300ml	\$2.20
Plain Milk with Siparh Straw	\$3.00
Milk (Flavoured) 300ml	\$3.00
Milk Flavoured 500ml	\$4.50
Soy Milk -cup	\$2.50
Up & Go	\$3.00
Hot Chocolate	Small \$3.00
Hot Chocolate	Large \$4.00
Light Iced Tea	\$4.50
Aloe Drinks	\$4.50
Cold Milo Milk	Small \$3.00
Cold Milo Milk	Large \$4.00

## 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

Please be aware prices and menu may change slightly

## SNACK FOODS

Available every day

Cruskits (4) or Rice Cakes GF (4)	
With Vegemite	\$3.00
With Cheese	\$3.50
With Avocado	\$3.50
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	\$1.80
Red Rock Deli Chips GF	\$1.80
Low Fat Muffins	\$2.50
Low Fat Slices	\$2.50
Finger Bun	\$2.50
Banana Bread	\$3.00



### Ordering Information

Orders are to be made 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. Orders can be collected from the canteen window.

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



# TERRIGAL HIGH SCHOOL CANTEEN MENU

2024



## SANDWICHES, ROLLS & WRAPS

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

Ham & Salad	\$6.00
Chicken & Salad	\$6.00
Salad with Cheese <b>V CM</b>	\$5.50
Salmon	\$4.00
Tuna	\$4.00
Chicken	\$4.00
Ham	\$4.00
Salad	\$4.00
Egg	\$4.00
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	\$0.80
Carrot	\$0.80
Cheese	\$1.00
Cucumber	\$1.00
Egg	\$1.00
Lettuce	\$0.50
Onion	\$0.50
Pineapple	\$0.80
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$2.00
Tomato	\$0.80
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*

<b>Caesar Salad <b>CM</b></b>	\$6.00
Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing	
<b>Greek Salad <b>V CM</b></b>	\$6.00
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing	
<b>Garden Salad <b>V CM</b></b>	\$6.00
Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing	
<b>Pasta Salad <b>V CM</b></b>	\$6.00
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing	
<b>Create Your Own Salad</b>	
Avocado	\$1.00
Bacon pieces	\$1.30
Beetroot	\$0.80
Capsicum	\$0.80
Carrot	\$0.80
Celery	\$0.80
Cheese – Tasty	\$1.00
Cheese – Parmesan	\$1.20
Cheese – Feta	\$1.40
Croutons	\$0.80
Cucumber	\$1.00
Egg	\$1.00
Lettuce	\$0.50
Olives	\$1.00
Onion	\$0.50
Pineapple	\$0.80
Tomato	\$1.00
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
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. **PLAIN** or with  
sauce. Add to from Sandwich Extras*

Beef	\$5.50
Fish,	\$5.50
Chicken	\$5.50
Veggie Burger <b>V</b>	\$5.50
Any With Salad	\$6.50

## PIZZA

*Available every day to order*

Ham & Pineapple	\$5.00
Ham	\$5.00
Vegetarian <b>V</b>	\$5.00
Cheese <b>V</b>	\$5.00
BBQ Chicken	\$5.00
<b>GF</b> 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*



Yummy Drummies	\$1.00
Junior Beef Pie (Low Fat)	\$2.50
Garlic Bread	\$2.00
Boiled Rice <b>GF CM</b>	\$2.50
Cheese Pocket <b>V CM</b>	\$2.50
Ham & Cheese Pocket <b>CM</b>	\$3.00
Chicken & Cheese Pocket <b>CM</b>	\$3.00
2 Minute Noodles	\$3.00
2 Minute Noodles <b>GF</b>	\$3.50
Toasties	From \$3.00
Hot Dog	\$4.00
Hot Dog with Cheese	\$4.50
Beef Pie (Low Fat)	\$4.50
Beef Pie <b>GF</b>	\$6.00
Sausage Roll (Low Fat) From Sauce Sachets	\$3.50 \$0.30

**GF - Gluten Free CM - Canteen Made**

## HOMEMADE MEALS **ALL CM**

*Available every day to order*

Honey Soy Chicken & Rice <b>GF</b>	\$6.00
Beef Nachos	\$6.00
Vegetarian Nachos <b>V</b>	\$6.00
Butter Chicken with Rice <b>GF</b>	\$6.00
Pasta Bolognese	\$6.00
Beef Burrito	\$6.00
Chicken Caesar Toasted Wrap	\$6.00
Chicken Fried Rice <b>GF</b>	\$6.00
Vegetarian Pasta <b>GF V</b>	\$5.00
Vegetarian Fried Rice <b>GF V</b>	\$5.00

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

