

# TENTERFIELD HIGH SCHOOL CANTEEN MENU

## FRUIT/SALADS

E Piece of fruit*	\$ 1.00
E Watermelon bowl	\$ 3.00
E Mixed fruit bowl*	\$ 3.50
E Chicken & Salad**	\$ 5.00
E Ham & Salad**	\$ 5.00
E Egg & Salad**	\$ 5.00
E Garden Salad**	\$ 4.00

## SANDWICHES/ROLLS (50c extra)

E Egg & Lettuce	\$ 4.00
E Salad**	\$ 4.00
E Ham & Salad**	\$ 4.50
E Chicken & Salad**	\$ 4.50

## WRAPS

E Chicken & Salad**	\$ 5.00
E Ham & Salad**	\$ 5.00
O Sweet Chilli Chicken	\$ 5.00

## TOASTED SANDWICHES

E Cheese	\$ 3.00
E Ham/Chicken & Cheese	\$ 3.50
E Ham, Cheese & Tomato	\$ 4.00
E Chicken, Cheese & Avocado*	\$ 4.00
E Ham, Cheese & Pineapple	\$ 4.00
E Additional toppings	\$ 0.50

## TURKISH MELTS

E Baby Spinach, Pumpkin & Feta	\$ 4.00
E Ham, Cheese & Pineapple	\$ 4.00
E Chicken, Cheese & Avocado*	\$ 4.00
E Tuna, Cheese & Avocado*	\$ 4.00

## EVERDAY HOT FOOD

E Ham & Cheese Bun	\$ 2.00
E Spaghetti Bolognese	\$ 3.00
E Fried Rice	\$ 3.00
E Macaroni Cheese	\$ 3.00
E Lasagne	\$ 4.00
E Beef/Chicken Burger	\$ 4.00
O Hot Dog	\$ 3.00
O Garlic Bread	\$ 2.00
O Crumbed Chicken Tender	\$ 2.00
O Noodles	\$ 2.00
O Bacon & Egg Muffin	\$ 3.00
O Bacon & Egg Muffin with cheese	\$ 3.50
O Pizza Rounda	\$ 3.00
O Sausage Roll	\$ 3.00
O Spinach & Ricotta Roll	\$ 3.00
O Pie	\$ 4.00

## SNACKS

E Yogurt with Blueberries* & Muesli	\$ 2.00
O Red Rock Deli Chips	\$ 1.20
O Grain Waves	\$ 1.20
O Fresh Fruit Muffins	\$ 1.00

## DAILY SPECIALS

E <b>MONDAY</b> - Loaded baked potato	\$ 4.00
E <b>WEDNESDAY</b> - Soup & a roll	\$ 4.00
E <b>FRIDAY</b> - Pizza	\$ 5.00
<b>TUESDAY/THURSDAY</b> - varies	
E Butter Chicken & Garlic Naan	\$ 5.00
E Spanikopita & Greek Salad	\$ 5.00
E Mexican Chicken Salad Bowl	\$ 5.00
E Pasta Bake	\$ 4.00
E Quiche & Salad	\$ 5.00
E Chicken Enchilada	\$ 5.00
E Beef Burrito	\$ 5.00

\* Seasonal fruit/vegetable

\*\*Salads contain a choice of 6 of the following - Lettuce/Baby Spinach, Tomato, Cucumber, Carrot, Beetroot, Red Onion, Corn, Grated Cheese/Feta, Avocado, Roast Pumpkin (additional 50c each)

**HEALTHY SCHOOL CANTEEN FOOD CODING   E = Everyday   O = Occasional**

**ALL LUNCH ORDERS BY STUDENTS AND STAFF TO BE PLACED PRIOR TO END OF RECESS**

## DRINKS

### WATER

E 1 litre	\$ 2.50
E 600ml	\$ 1.00

### OTHER

E Plain milk 600ml	\$ 2.50
E Flavoured milk 300ml	\$ 2.50
E Flavoured milk 600ml	\$ 4.00
E Up n Go	\$ 2.00
E Pure Apple/Orange Juice	\$ 2.00
O Chill Iced Tea	\$ 2.50
O Waterfords Lite Sparkling	\$ 2.00
O Hot Milo	\$ 2.00

### FROZEN TREATS

E Snap Stix	\$ 1.00
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