

# CHS Canteen Summer 2017 Menu



## DRINKS

Plain Milk 300ml	\$1.60
Mt Franklin Water 600ml	\$2.00
Juice Poppers Apple, Orange, Tropical, Blackcurrant,	\$2.20
Oak milk chocolate, vanilla malt, iced coffee, strawberry,	\$2.50
Appletiser sparkling apple juice	\$2.50
Hot Chocolate	\$3.00
Coke No Sugar 390ml	\$3.80
Pump water 750ml, plain, lemon, lime, mango	\$4.00
Just Natural Malt, Honey Choc Milk 500ml	\$4.00
Ice Break Iced Coffee 500ml Low Fat	\$4.00
Keri Juice Blenders 300ml, apple, orange-carrot, apple-beetroot	\$4.00

## COLD THINGS

Fruit Sticks 99% fruit juice ice block	\$1.50
Lemonade Icy Twist ice block	\$2.50
Paddle Pop -chocolate, rainbow, banana	\$2.50
Yoghurt, fresh-strawberry/raspberry	\$2.70
Frozen Yoghurt-strawberry, peach-mango	\$3.00
Fresh Fruit Tub combo of seasonal fresh fruits	\$3.80

## OPENING HOURS M, Tu, W, F

8.20 am to 9.15 am  
10.30 am to 11.30 am  
12.30 pm to 2.15pm



## THURSDAY

8.20 am to 9.15 am  
10.30 am to 11.00 am  
11.45 am to 12.40 pm

Order your lunch before school or at recess to get the food you want!

Add 10c for a Lunch Order Bag

## BREAKFAST FOODS

Served 8.20 to bell time

Raisin Toast one slice \$2.00, 2 slices \$3.00	\$2.00/ \$3.00
Buttered Toast Vegemite or Honey	\$2.00/ \$3.00
Banana or Blueberry Bread	\$2.50
Cheese & Tomato Toastie	\$5.00
Ham & Cheese & Tomato Toastie	\$5.50



## SNACKS

Round Rice crackers, pack=2	50c
Fruit in Season	60c
Jumpies Chicken, Salt & Vinegar	\$1.70
Pretzels	\$2.00
Red Rock Deli Chips Honey Soy or Sea Salt	\$2.00
Pirahna Snaps Gluten Free Smoky BBQ or Salsa	\$2.00
Banana or Blueberry Bread	\$2.50

**NUT ALERT:** Some Canteen products may contain nuts / traces of nuts.

## SANDWICHES Gluten free by order

Cheese & Tomato or Egg / Curried Egg & Lettuce	\$5.00
Ham, Cheese & Tomato	\$5.50
Chicken & Salad, Cheese & Salad	\$5.50
Roast Beef or Ham or Tuna & Salad	\$5.50
Roast pumpkin, fetta, pine nuts + salad greens	\$5.50
Turkey, cranberry & avocado + salad greens	\$5.50

## ROLLS & BAGUETTES

Turkey, Cranberry, Avo Baguette & salad greens	\$5.50
Roast Beef & Chutney Baguette & salad greens	\$5.50
Salad Roll (+/-beetroot)	\$5.50
Chicken, Lettuce, Mayo Roll	\$5.50
Tuna or Roast Beef or Ham & Salad Roll	\$5.50
Ham, Cheese & Salad Roll	\$6.00

## SUSHI & COOL FOODS

GF Sushi single roll teri chicken, teri beef, tuna, salmon & avo, spicy tuna, veg	\$3.50
Fruit Tub combo of seasonal fruits	\$3.80
GF Vietnamese Rice Paper Roll single - chicken	\$4.00
GF Sushi Box – 8 pieces - teriyaki chicken, tuna or combo	\$5.50
GF Asian Inspired Chicken Bowl with rice noodles 240g	\$6.00
Chilli Chicken or Falafel & Salad Wrap	\$6.00
Box Garden Salad (by order) egg or chicken or ham or beef or tuna or cheese	\$6.00

## OTHER

Spork, spoon or chopsticks (other than with purchased item)	10c
Tomato Sauce, Sweet Chilli Sauce	30c
Tissues - pocket pack	\$1.50
Bread roll or bread slices x 2 (add 20c for spread)	\$1.50



## RECESS HOT FOODS

(\*can be ordered for lunch)

Cheese & Corn Melt (recess only)	\$2.70
Chicken Goujons, Veg Curry Puffs*	\$3.00
Pizza Single: Ham & pineapple*	\$3.00
Sausage Roll* or Spinach & Ricotta Roll*	\$3.70
Fantastic Noodles* chicken, beef	\$3.50
Egg, Bacon, Cheese Brunch Roll (recess only)	\$4.50
FRIED RICE - Egg & Veg *	\$6.80

## LUNCH HOT FOODS

(Orders encouraged)

Sausage or Spinach & Ricotta Roll	\$3.70
PIES: Beef or Beef with Potato Top Pie	\$5.00
PIES: Chicken & Veg or Pizza	\$5.00
FRIED RICE - Egg & Veg*	\$6.80

## LUNCH SPECIALS

(Orders encouraged)

Mon: Butter Chicken or Veg Coconut Curry	\$6.80
Tues: Chilli Chicken or Falafel WRAP	\$6.00
Wed: Honey Soy Chicken or Tofu & Spicy Rice	\$6.80
Thurs: Pasta Bolognese or Basil Tomato	\$6.80
Friday: BURGERS Chicken or Vege	\$6.50



www.chspandc.org.au  
what we do, canteen, menu

Tel: 9419 3611 X 129

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