

**PREORDERS** accepted BEFORE school, or at FIRST break for second lunch break  
(PREORDERING guarantees your lunch favourites!!)

**\*GLUTEN FREE/\*\*VEGAN OPTIONS** MUST BE PREORDERED BEFORE FIRST BREAK

PLEASE NOTE THAT CHICKEN USED ON SANDWICHES, WRAPS, ROLLS & SALADS IS CERTIFIED \*\*\*\*HALAL

<b>SANDWICHES</b>	<b>PRICE</b>
Vegemite	\$3.50
Cheese ***VEGETARIAN	\$3.80
Egg & Lettuce ***VEGETARIAN	\$4.20
Beef & Pickles	\$4.50
Chicken & Mayo	\$4.50
Ham, Cheese & Tomato	\$4.50
Tuna & Lettuce	\$4.50
Cheese & Salad ***VEGETARIAN / **VEGAN OPTION = NO CHEESE	\$5.00
Chicken OR Ham OR Beef, Cheese & Salad	\$5.50

<b>WRAPS &amp; ROLLS</b> *GLUTEN FREE WRAPS ADD 50c - PREORDER ONLY	<b>PRICE</b>
Beef & Salad Wrap	\$6.00
Chicken Caesar Wrap	\$6.00
Chicken, Salad & Mayo Wrap	\$6.00
Mexican Chicken Wrap	\$6.00
Sweet Chilli Chicken Wrap	\$6.00
Teriyaki Chicken & Salad Wrap	\$6.00
Salad Wrap/Roll & Cheese ***VEGETARIAN	\$6.00
Salad Wrap/Roll NO Cheese **VEGAN	\$6.00
Beef, Cheese & Salad Roll	\$6.00

<b>CONTAINER SALADS</b>	<b>PRICE</b>
Chick Pea & Garden Salad **VEGAN	\$6.00
Chicken Caesar Salad *GLUTEN FREE	\$6.00
Chicken, OR Ham, Cheese & Garden Salad *GLUTEN FREE	\$6.00
Ham, Chicken or Tuna, & Pasta Salad *GF OPTION (GLUTEN FREE PASTA ADD 50c)	\$6.00
Vietnamese Chicken Noodle Salad *GLUTEN FREE	\$6.00

<b>MEALS COOKED IN CANTEEN</b>	<b>PRICE</b>
Pasta Spirals in Tom & Veg Sauce + Cheese **VEGAN OPTION (NO CHEESE)	\$4.50
Bacon Fried Rice DAIRY FREE/*GLUTEN FREE	\$4.50
Mushroom & Vegetable Creamy Pasta ***VEGETARIAN	\$4.50
Bacon & Mushroom Pasta	\$5.00
Teriyaki Chicken & Veg with Rice DAIRY FREE/*GLUTEN FREE	\$5.00
Meatball & Cheese Pasta	\$5.00
Tuna Pasta	\$5.00
Thai Chicken Curry & Rice DAIRY FREE	\$5.00
Sweet Potato, Chickpea, Spinach Thai Curry & Rice DAIRY FREE/**VEGAN	\$5.00
Butter Chicken & Rice *GLUTEN FREE	\$5.00
Chicken Curry & Rice *GLUTEN FREE	\$5.00
Curried Sausages & Rice DAIRY FREE/ *GLUTEN FREE	\$5.00
Pasta Bolognese & Cheese *GF OPTION (GLUTEN FREE PASTA ADD 50c)	\$5.00

<b>TOASTED SANDWICHES</b>	<b>PRICE</b>
<b>PREORDER ONLY</b>	
Cheese ***VEGETARIAN	\$3.80
Cheese & Tomato ***VEGETARIAN	\$4.20
Chicken & Cheese	\$4.50
Chicken, Cheese & Tomato	\$4.50
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.50

<b>DRINKS</b>	<b>PRICE</b>
600ml Spring Water Bottle	\$2.20
1 litre 'Pop Top' Water Bottle	\$3.00
1.5 litre Water Bottle	\$3.80
250ml 100% 'Poppers' Fruit Juice	\$2.20
250ml 'GLEE' Sparkling Fruit Juice	\$2.80
350ml 100% 'ORCHY' Fruit Juice	\$2.80
350ml 'EMMA & TOMS' Juices (Smoothie or Lemon)	\$4.50
475ml Waterfords Flavoured Mineral Water	\$4.50
300ml PLAIN Milk	\$1.50
500ml PLAIN Milk	\$2.00
250ml UHT Breaka Flavoured Milk	\$2.50
300ml Breaka Flavoured Milk	\$2.80
500ml Breaka Flavoured Milk	\$4.00
500ml Ice Break Coffee	\$4.00
600ml OAK Flavoured Milk	\$4.00
250ml UP&GO (REGULAR, 'DAIRY FREE' or 'ENERGIZE')	\$2.80

<b>EXTRAS</b>	<b>PRICE</b>
Fresh Fruit Seasonal/Piece	\$1.50
Fresh Fruit in Container	\$2.50
Custard & Apple Cups *GLUTEN FREE	\$2.50
Yoghurt & Muesli Cups	\$2.50
VAALIA LowFat Flav Yoghurt *GLUTEN FREE	\$2.50
Sunbites' Popcorn - Sea Salt	\$2.50

<b>TREATS BAKED IN CANTEEN</b>	<b>PRICE</b>
Anzac Slice **VEGAN	\$1.50
Apple & Cinnamon Mini Muffin	\$1.50
Large Muffin (Monday & Tuesday)	\$2.20
Banana Cake (Wednesday)	\$2.20
Chocolate Slice (Friday)	\$2.20

<b>ICE BLOCKS &amp; FROZEN YOGHURT</b>	<b>PRICE</b>
<b>*****AVAILABLE 2ND BREAK ONLY</b>	
Calippo	\$2.00
Icy Twist	\$2.00
Vanilla Ice Cream Cup *GLUTEN FREE	\$2.20
Paddle Pops	\$2.50
Lifesaver Iceblock	\$2.80
Cyclone Iceblock	\$2.80
Twisted Frozen Yoghurt *GLUTEN FREE	\$2.80
Bulla Frozen Yoghurt	\$3.00

**\*\*\*\*PLEASE NOTE\*\*\*\***  
The HPSHS Canteen Kitchen is NOT  
a Gluten Free environment  
but all Gluten Free meals are prepared using  
**GLUTEN FREE INGREDIENTS**