



HPSHS CANTEEN EVERYDAY MENU 2019

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

PREORDERS accepted BEFORE school or at FIRST break for second lunch break

PREORDERING guarantees your lunch favourites!!



SANDWICHES

Cheese ***VEGETARIAN	\$2-50
Egg & Lettuce ***VEGETARIAN	\$3-00
Beef & Pickles	\$3-50
Chicken & Mayo	\$3-50
Ham, Cheese & Tomato	\$3-50
Tuna & Lettuce	\$3-50
Salad & Cheese ***VEGETARIAN	\$3-50
Salad <u>NO</u> Cheese **VEGAN	\$3-50

WRAPS & ROLLS

Beef & Salad Wrap	\$4-50
Chicken Caesar Wrap	\$4-50
Chicken, Salad & Mayo Wrap	\$4-50
Mexican Chicken Wrap	\$4-50
Sweet Chilli Chicken Wrap	\$4-50
Teriyaki Chicken & Salad Wrap	\$4-50
Salad Leb Wrap/Roll & Cheese ***VEGETARIAN	\$4-50
Salad Leb Wrap/Roll <u>NO</u> Cheese **VEGAN	\$4-50
Beef & Salad Roll	\$4-50

CONTAINER SALADS

Chick Pea & Garden Salad **VEGAN	\$4-50
Chicken Caesar Salad *GF OPTION	\$4-50
Chicken, Cheese & Garden Salad *GF OPTION	\$4-50
Ham, Cheese & Garden Salad *GF OPTION	\$4-50
Ham & Pasta Salad	\$4-50

MEALS COOKED IN CANTEEN

Pasta Spirals in Cheesy Napoli Sauce	\$3-50
Bacon & Mushroom Pasta	\$4-00
Beef Chow Mein & Noodles *GF OPTION (Rice)	\$4-00
Chicken Noodle Stir fry	\$4-00
Meatball & Cheese Pasta	\$4-00
Tuna Pasta	\$4-00
Pasta Bolognese & Cheese	\$4-00
Butter Chicken & Rice *GF	\$4-00
Chicken Curry & Rice *GF	\$4-00
Curried Sausages & Rice *GF	\$4-00
Fried Rice *GF & **VEGAN	\$4-00
Mushroom & Vegetable Creamy Pasta ***VEGETARIAN	\$4-00
Pasta Bolognese & Cheese *GF	\$4-50

TOASTED SANDWICHES

PREORDER MON 1ST BREAK, TUES, WED, THURS, FRI

Cheese ***VEGETARIAN	\$2-50
Cheese & Tomato ***VEGETARIAN	\$2-50
Chicken & Cheese	\$3-50
Chicken, Cheese & Tomato	\$3-50
Ham & Cheese	\$3-50
Ham, Cheese & Tomato	\$3-50

WATER

600ml Bottle	\$1-70
1 litre 'Pop Top' Bottle	\$2-70
1.5 litre 'Thankyou' Bottle	\$3-70

FRUIT JUICE

250ml 100% Fruit Juice 'Poppers'	\$1-70
350ml 100% Fruit Juice 'ORCHY'	\$2-20
350ml 100% Fruit Juice 'Classics'	\$2-20
250ml 'GLEE' Sparkling Fruit Juice	\$2-20

MILK

300ml Plain Milk	\$1-20
500ml Plain Milk	\$1-70
250ml UP&GO	\$2-20
250ml Breaka UHT Flavoured Milk	\$2-20
300ml Breaka Flavoured Milk	\$2-20
500ml Breaka Flavoured Milk	\$3-70
600ml OAK Flavoured Milk	\$3-70
320ml Ice Break Coffee	\$2-70
500ml Ice Break Coffee	\$3-70

OTHER

Fresh Fruit Seasonal/Piece	\$1-00
Fresh Fruit in Container	\$2-00
Custard & Apple Cups	\$2-00
Yoghurt & Muesli Cups	\$2-00
VAALIA LowFat Flavoured Yoghurt	\$2-20

TREATS BAKED IN CANTEEN

Anzac Slice **VEGAN	\$1-00
Apple & Cinnamon Muffins	\$1-00
Banana Cake (Wed Only)	\$1-00
Chocolate Slice (Fri Only)	\$1-00

ICE BLOCKS & FROZEN YOGHURT

AVAILABLE 2ND BREAK ONLY

Calippo	\$1-20
Icy Twist	\$1-20
Bulla Vanilla Ice Cream Cup *GF/NUT FREE	\$1-50
Paddle Pops	\$1-70
Bulla Frozen Yoghurt	\$2-20
Twisted Frozen Yoghurt	\$2-20