

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**

<u>SANDWICHES</u>	<u>PRICE</u>
Vegemite	\$3.50
Cheese ***VEGETARIAN	\$3.50
Egg & Lettuce ***VEGETARIAN	\$4.00
Beef & Pickles	\$4.50
Chicken & Mayo	\$4.50
Ham, Cheese & Tomato	\$4.50
Tuna & Lettuce	\$4.50
Cheese & Salad ***VEGETARIAN / **VEGAN OPTION = NO CHEESE	\$4.50
Chicken OR Ham OR Beef, Cheese & Salad	\$5.00

<u>WRAPS & ROLLS</u> *GLUTEN FREE WRAPS ADD 50c - PREORDER ONLY	<u>PRICE</u>
Beef & Salad Wrap	\$5.50
Chicken Caesar Wrap	\$5.50
Chicken, Salad & Mayo Wrap	\$5.50
Mexican Chicken Wrap	\$5.50
Sweet Chilli Chicken Wrap	\$5.50
Teriyaki Chicken & Salad Wrap	\$5.50
Salad Wrap/Roll & Cheese ***VEGETARIAN	\$5.50
Salad Wrap/Roll NO Cheese **VEGAN	\$5.50
Beef, Cheese & Salad Roll	\$5.50

<u>CONTAINER SALADS</u>	<u>PRICE</u>
Chick Pea & Garden Salad **VEGAN	\$5.50
Chicken Caesar Salad *GLUTEN FREE	\$5.50
Chicken, OR Ham, Cheese & Garden Salad *GLUTEN FREE	\$5.50
Ham, Chicken or Tuna, & Pasta Salad *GF OPTION (GLUTEN FREE PASTA ADD 50c)	\$5.50
Vietnamese Chicken Noodle Salad *GLUTEN FREE	\$6.50

<u>MEALS COOKED IN CANTEEN</u>	<u>PRICE</u>
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

<u>TOASTED SANDWICHES</u>	<u>PRICE</u>
<u>PREORDER ONLY</u>	
Cheese ***VEGETARIAN	\$3.50
Cheese & Tomato ***VEGETARIAN	\$4.00
Chicken & Cheese	\$4.50
Chicken, Cheese & Tomato	\$4.50
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.50

<u>DRINKS</u>	<u>PRICE</u>
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

<u>EXTRAS</u>	<u>PRICE</u>
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

<u>TREATS BAKED IN CANTEEN</u>	<u>PRICE</u>
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

<u>ICE BLOCKS & FROZEN YOGHURT</u>	<u>PRICE</u>
*****AVAILABLE 2ND BREAK ONLY	
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