

### DRINKS & THINGS

☺Water - small	\$2.00
☺Water - large	\$3.00
☺Plain milk (500ml)	\$3.00
☺Nippys flavoured milk	\$3.00
☺FM Flavoured milk 500 ml	\$4.00
NORCO 500ml REAL milk	\$4.50
☺Up & Go	\$2.50
☺Popper 100% juice	\$2.50
☺Juice Bomb sparkling juice	\$2.50
☺Kombucha –I quit sugar	\$2.50

### SNACKS

Fruit Muffins – freshly baked	\$2.00
Red Rock sea salt chips	\$1.50
Cheese & crackers	\$2.00
Hommus dip & crackers	\$2.00
☺Fresh fruit.....assorted prices	
☺Fresh fruit Salad (in season)	\$3.50
☺Fruit Salad cup	\$2.00
☺Yoghurt	\$2.00

### HOT FOODS

BEEF lite pie	\$4.00
Beef Potato Top Pie	\$4.00
Potato Wedges	\$3.00
Tomato sauce	\$0.50

### SUSHI ☺☺☺

☺Assorted Sushi	\$3.00
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### SALADS ☺☺☺ *check on the day*

☺Caesar Salad	\$5.50
☺Mediterranean Salad	\$5.50
☺Super Salad	\$5.50
☺Crunchy Asian Salad	\$5.50
☺Garden Salad	\$5.50
Add Falafels/ Chicken/Ham	

### SANDWICHES and ROLLS ☺☺☺

	Sandwich	Roll
☺Ham	\$4.50	\$5.00
☺Ham & salad	\$4.50	\$5.00
☺Chicken	\$4.50	\$5.00
☺Chicken & Salad	\$4.50	\$5.00
☺Cheese	\$4.50	\$5.00
☺Cheese & salad	\$4.50	\$5.00
☺Egg & lettuce	\$4.50	\$5.00
☺Chicken & avocado	\$4.50	\$5.00
☺Chicken, lettuce & mayonnaise	\$4.50	\$5.00
☺Ham, cheese and tomato	\$4.50	\$5.00

### TOASTED SANDWICHES ☺☺☺

☺Ham & cheese	\$4.50
☺Ham, cheese & tomato	\$4.50
☺Ham, cheese & pineapple	\$4.50
☺Cheese & tomato	\$4.50
☺Chicken, cheese	\$4.50

### HEALTHY WRAPS ☺☺☺

☺Salad	\$5.00
☺Cheese & salad	\$5.00
☺Ham & salad	\$5.00
☺Chicken & salad	\$5.00
☺Falafel & salad	\$5.00

### ICE-CREAM AND ICEBLOCKS

Twisted frozen yoghurt	\$2.50
Bulla lite cup	\$1.50
100% juice cup	\$1.00
Chocolate Ice Mony	\$1.00
Quelch 100% juice tube	\$1.00

### OTHER FOODS – check on the day

Chicken Wrap – Sweet Chilli/ Mexican/ Teriyaki/Caesar	\$5.00
Sweet Chilli Chicken Breast Burger	\$5.00
BBQ Chicken Breast burger	\$5.00
100% Beef Burger & salad	\$5.00
100% Beef/Lettuce/Tomato Burger	\$5.00
100% Vege Burger & salad	\$5.00
Curry with Rice .....vege/chicken/ Korma/ Tikka Masala Curry	\$5.00
Butter Chicken Curry & rice	\$5.00
Fried Rice-vege/chicken/ham	\$5.00
Lasagne-beef/vege	\$4.50
Macaroni Cheese Pasta	\$4.50

### BREAKFAST IS AVAILABLE EVERYDAY

Ham & Cheese Toastie	\$3.50
Cheese Toastie	\$3.50
UP & GO or 100% Juice	\$2.50

**\*\*Forks and spoons are 10c each and/or free with purchase.**

**\*\*Due to Occupational, Health & Safety regulations, food cannot be re-heated at the canteen.**

**\*\*Remember the canteen cannot operate with credit (even if it's 5c) so please don't ask as refusal may offend.**

**\*\*This menu follows the NSW Healthy School Canteen Food Strategy and operates under the guidance from the Wollumbin High School P & C Canteen Committee. ☺**