

WOLLUMBIN HIGH SCHOOL

CANTEEN MENU

2016

WOLLUMBIN
HIGH SCHOOL



☺ HOT STUFF

☺ BEEF BURGER \$5.00

Beef patty, crisp lettuce, grated carrot and beetroot, slice tomato with BBQ sauce on a fresh hamburger bun.

☺ CHICKEN BURGER \$5.00

Chicken patty and crisp lettuce with a mayonnaise dressing on a fresh hamburger bun.

☺ SWEET CHILLI CHICKEN BURGER \$5.00

Sweet chilli chicken tender fillets, sweet chilli sauce, grated cheese, crisp lettuce, grated carrot, beetroot with slice tomato on a fresh hamburger bun.

☺ BEEF & CHEESE BURGER \$5.00

Beef patty, slice cheese and BBQ/tomato sauce on a fresh hamburger bun.

☺ VEGE BURGER \$5.00

Vege patty, tomato sauce, grated cheese, crisp lettuce, grated carrot and beetroot with slice tomato on a fresh hamburger bun.

PLEASE USE THE TONGS PROVIDED.



☺ WRAP IT UP

☺ SWEET CHILLI CHICKEN WRAP \$4.50

Sweet chilli chicken tender fillets, sweet chilli sauce, grated cheese, crisp lettuce and slice tomato wrapped in a fresh tortilla.

☺ CAESAR CHICKEN WRAP \$4.50

Chicken tender fillets, crisp lettuce and parmesan cheese with a caesar dressing wrapped in a fresh tortilla.

☺ MEXICAN CHICKEN WRAP \$4.50

Roasted chicken meat in golden garlic and lime crumbs, crisp lettuce and slice tomato wrapped in a fresh tortilla. Sour cream is optional

☺ CHICKEN CHEESE WRAP \$4.50

Chicken tender fillets, grated cheese, crisp lettuce and slice tomato wrapped in a fresh tortilla.

☺ FALAFEL & CHEESE WRAP \$4.50

Falafels, tomato sauce and sour cream, crisp lettuce, grated carrot, beetroot and cheese with a slice tomato wrapped in a fresh tortilla.

BLACKBOARD SPECIALS AVAILABLE AS ADVERTISED

<u>HOT CHOCOLATE</u> – when available	\$2.00
<u>SUSHI</u> – assorted variety	\$2.80
<u>PASTA</u> - Mac Cheese Spaghetti	\$4.00
<u>CUP OF NOODLES</u>	\$3.00
<u>GARLIC BREAD ROLL</u>	\$1.50
<u>FRIED RICE</u>	\$4.00
<u>CHICKEN GOUJONS</u> - breast strips	\$3.00
<u>CHICKEN SLAMS</u> - mini bites	\$3.50
<u>POTATO WEDGES</u> - seasoned	\$3.00
<u>CURRY</u> – Chicken Butter & rice	\$4.00

BREAKFAST AVAILABLE from 8am

<u>TOAST</u> x2 Plain	\$1.50	Vege	\$2.00
<u>CHEESE TOASTIE</u>	\$2.50		
<u>HAM & CHEESE TOASTIE</u>	\$3.00		

PLACE YOUR ORDER AT THE CANTEEN
BEFORE BREAK 1 or 2 and don't wait in line.

CHECK THE BOARD DAILY OUTSIDE THE CANTEEN FOR MORE DELICIOUS AND NUTRITIOUS SPECIALS, OR COME IN AND ASK.

** This menu will be reviewed regularly in line with the NSW Healthy Canteen Food Strategy and under the guidance from the Wollumbin High School P & C Canteen Committee.

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DRINKS & THINGS

☉ Water small	\$1.50
large	\$2.50
☉ Plain milk (500ml)	\$3.00
Flavoured milk 300 ml	\$3.00
Flavoured milk 500 ml	\$4.00
Nippys Flavoured milk	\$3.00
☉ Popper-orange/apple	\$2.00
☉ Large Juice	\$4.00
NORCO 500ml milk	\$4.50
QUENCH flavoured water	\$2.00

SNACKS

Muffins small – freshly baked	\$2.00
Other bakery items prices as marked	
NATURAL chips	\$1.50
CORNTOS –gluten free	\$1.50
Pretzels	\$1.50
☉ Fresh fruit..... assorted prices	
☉ Fresh fruit Salad	\$3.00
☉ Yoghurt small	\$1.50
Milo or custard	\$1.50

HOT FOODS

Traveller meat pie	\$3.50
Cheese & spinach roll	\$4.00
Tomato sauce	\$0.30
Hot dog	\$3.50
.....with cheese	\$3.80

SUSHI ☉ ☉ ☉

☉ Assorted Sushi	\$2.80
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SALADS ☉ ☉ ☉

☉ Caesar Salad	\$5.00
☉ Garden salad	\$4.50
☉ With ham/chicken/cheese/egg	\$5.00

SANDWICHES and ROLLS ☉ ☉ ☉

	Sandwich	Roll
☉ Ham	\$4.00	\$4.50
☉ Ham & salad	\$4.50	\$4.50
☉ Chicken	\$4.00	\$4.50
☉ Chicken & Salad	\$4.50	\$4.50
☉ Cheese	\$4.00	\$4.50
☉ Cheese & salad	\$4.50	\$4.50
☉ Egg & lettuce	\$4.00	\$4.50
☉ Chicken & avocado	\$4.00	\$4.50
☉ Chicken, lettuce, mayo	\$4.00	\$4.50
☉ Ham, cheese. tomato	\$4.00	\$4.50

TOASTED SANDWICHES ☉ ☉ ☉

☉ Ham & cheese	\$4.00
☉ Ham, cheese & tomato	\$4.00
☉ Ham, cheese & pineapple	\$4.00
☉ Cheese & tomato	\$4.00
☉ Chicken, cheese & garlic	\$4.00

Ask and I shall try to make your choice.

TURKISH BREAD TOASTIES \$4.50

TORTILLA WRAPS ☉ ☉ ☉

☉ Salad	\$4.00
☉ Cheese & salad	\$4.50
☉ Ham & salad	\$4.50
☉ Chicken & salad	\$4.50
☉ Chicken, lettuce & mayo	\$3.00

ISLAND sorbet\$2.50

TWISTED frozen yoghurt\$2.50

ICE-CREAMS AND ICEBLOCKS

..... Assorted prices

DAILY SPECIALS

As advertised on **CANTEEN BLACKBOARD.**

**** SPOONS/FORKS** are supplied with food purchase or **10 cents** to purchase.

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

**** Remember that the canteen is not a business and cannot operate with credit (even if it's 5c) so please don't ask as refusal may offend.**