

# HSHS CANTEEN MENU:



## BREAKFAST

- **Toasted Sandwich** **\$3.00**  
- Cheese / Ham & Cheese
- **Breakfast Wrap** **\$4.00**  
- Egg, Ham & Cheese
- **Yoghurt** (assorted flavours) **\$2.00**
- **Warm Milo** (Term 2 & 3 only) **\$1.50**

In line with the NSW Healthy School Canteen Strategy, items marked **RED** are classified as **OCCASIONAL** foods. All other items are **EVERYDAY** items.

## DAILY SPECIALS

**ALL \$4.00**

### MONDAY

- **Chicken & Gravy Roll**
- **Baked Chicken Enchilada** (seasoned chicken, cheese and Greek yoghurt)

### TUESDAY

- **Chicken Parma Wrap** (chicken, cheese & salsa)
- **Sweet Chilli Beef Burger** (lite beef patty, lettuce, cheese, sweet chilli mayo)

### WEDNESDAY

- **Chicken Caesar Burger** (chicken patty, lettuce, cheese, ham and Caesar dressing)
- **Hawaiian Wrap** (chicken, cheese, ham, pineapple, mayo & BBQ sauce)

### THURSDAY

- **Mexican Chicken Wrap** (chicken, cheese, salsa & Greek yoghurt)
- **Meatballs and Pasta**

### FRIDAY

- **Cheese Hamburger** (beef patty, lettuce, tomato, beetroot, carrot, onion & cheese)
- **Flame Grilled Chicken Burger** (chicken, lettuce & mayo)

## SALAD BOXES

- **Salad** (lettuce, tomato, beetroot, carrot, onion and cheese) **\$4.00**
- **Egg & Salad** **\$4.50**
- **Ham & Salad** **\$5.00**
- **Chicken & Salad** **\$5.00**
- **Chicken Caesar Salad** **\$5.00**  
- (Terms 1 & 4 only)

## SANDWICHES, WRAPS & ROLLS

- Bread & Butter **\$0.80**
- Vegemite **\$1.40**
- Cheese **\$1.40**
- Cheese & Tomato **\$1.60**
- Ham **\$2.50**
- Ham & Cheese **\$3.00**
- Ham, Cheese & Tomato **\$3.20**
- Ham & Salad **\$4.50**
- Egg **\$2.50**
- Egg & Lettuce **\$3.00**
- Egg & Salad **\$3.50**
- Chicken **\$3.50**
- Chicken & Salad **\$4.50**
- Chicken, Lettuce & Mayo **\$4.00**
- Salad **\$3.50**

## WRAPS

**Half Full**

- Salad **\$2.50 \$4.50**
- Ham & Salad **\$3.00 \$5.00**
- Chicken & Salad **\$3.00 \$5.00**
- Chicken, Lettuce & Mayo **\$3.00 \$5.00**

## HOT FOOD

- **Sausage Roll (low fat)** **\$2.50**
- **Meat Pie (low fat)** **\$3.00**
- **Potato Pie (low fat)** **\$3.20**
- **Spinach & Feta Roll** **\$3.00**
- **Chicken Crackles** **\$3.20**
- **Garlic Bread** **\$1.50**
- **BBQ or Tomato Sauce** **\$0.30**

# HSHS CANTEEN MENU:

## SNACKS

- Fruit Salad (Terms 1 & 4 only) \$3.00
- Flavoured Yoghurt Tub \$2.00
- Custard \$1.00
- **Chocolate Mousse** \$1.00
- **Low Fat Chocolate Muffin** \$2.00
- **Chips (Grain Waves/Sea Salt)** \$1.50
- **Cheese & Bacon Roll** \$2.00

## FROZEN SNACKS

- **TNT** (Blue Raspberry or Red Raspberry) \$1.00
- **Iced Mony** (Chocolate or Lemon Ice) \$1.00
- **Snappys** (Sour Blue, Sour Grape, Sour Raspberry, Pineapple or Sweet Raspberry) \$0.50 (half) OR \$1.00 (whole)
- **Frozen Yoghurt** \$2.20  
(Chocolate & Vanilla, Watermelon & Mango)
- **Moosies** (Chocolate) \$1.50

## DRINKS

- **Water** (600ml / 1litre) \$1.80 / \$2.80
- **Chill Aloe Drink** (Original, Grape, Peach, Lychee & Pomegranate) \$2.50
- **Juice Bomb** (Grape, Apple & Raspberry, Orange & Passionfruit, Watermelon) \$2.50
- **Waterfords Mineral Water** (Blackcurrent, Raspberry, Orange & Passionfruit) \$2.00
- **Plain Milk** (300ml / 1 Litre) \$1.50 / \$2.70
- **Flavoured Milk** (300ml / 500ml) \$2.00 / \$3.50
  - 300ml (Chocolate, Strawberry, Iced Coffee)
  - 500ml (Chocolate, Strawberry, Banana)
- **Oak Plus Protein Milk** (Chocolate, Vanilla) \$4.00
- **Up & Go** (Chocolate, Vanilla) \$2.00

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