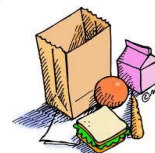


SHGC CANTEEN MENU 2017



SANDWICHES/ROLLS

(multigrain/wholemeal/white hi fibre)

Rye/Gluten Free Bread Available	.50c	extra
Plain or buttered rolls	\$1.00	
Cheese	\$2.50	
Vegemite	\$2.00	
Ham	\$3.00	



Chicken (with/without mayo)	\$3.50
Salad (with/without mayo)	\$4.00
(lettuce, tomato, cucumber, carrot)	
Extras- Cheese, avocado	.50c
Ham & Salad	\$4.00
Chicken & Salad	\$4.50
Egg & Salad	\$4.00
Tuna & Salad	\$4.50
Salad Bowls	\$4.00
Sushi 2 Pack (when available)	\$5.00
Rice Paper Rolls(when available)	\$5.00



A variety of freshly made rolls available daily

Toasted Ham & Cheese Sandwiches	\$2.00
---------------------------------	--------

HOT FOOD

Toasted Foccias

(cheese or ham & cheese)	\$3.00
(ham & cheese & tomato)	\$3.00
(chicken/cheese/avocado)	\$4.00
Ham and Cheese Croissants	\$3.00
Chicken Chilli Wraps - Single	\$3.00
- Double	\$4.00
Chicken Burgers with Lettuce/Cheese/Tomato/Mayo	\$4.00
Chicken Schnitzel in a Roll	\$4.00
Chicken schnitzel in a Wrap with Lettuce/Cheese/Mayo	\$4.00
Spinach & Ricotta Roll	\$3.00
Vegetable Roll	\$3.80
Quiche	\$3.80
Soup (term 2 & 3)	\$2.00
Lasagne	\$4.00
Pizza	\$3.00
Noodle Cups	\$2.50
Sausage Rolls	\$2.50
Pies (meat)	\$3.80
Party Pies	\$1.00

SNACKS

Fresh Fruit (Seasonal Pricing)	
Fruit Salad (Term 1 & 4)	\$2.00
Fresh Yoghurt (when available)	\$2.00
Frozen Yoghurt	\$2.00
Carrot Cake	\$2.00
Muffins	\$3.00
Cookies	\$2.00
Choc Croissants	\$3.00
Coffee or Apple Scrolls	\$2.50
Sun Fruit Bags	.50c
Frogs	.50c
Mini Kit Kats or Mars bars	.70c
Corntos	\$1.00
Pop Corn	\$1.50
Chips (a variety of canteen approved)	\$1.20



A variety of Canteen approved Ice creams and yoghurts are also available from \$1 to \$2



DRINKS

Primas	\$1.30
Bottled Water	\$2.00
100% Fruit Juice	\$2.00
Up & Go	\$2.00
Emma & Toms Flavoured Milks	\$3.50
Iced Tea	\$4.00



The Order Box is located in D Foyer. The box is cleared at 9.00am. Late orders can be handed in at the canteen window at recess. Please write your Name, Year Level and order on a bag or envelope and enclose money indicating the amount enclosed. (Correct Money would be appreciated)

PLEASE REMEMBER TO BIN ALL RUBBISH

Thank you