

Caloundra State High School Canteen Menu 2020

This Menu Complies with the Qld Gov Smart Choices Program

FRESH FOOD

Sandwiches (wholemeal, multigrain, hi fibre white, GF available) *		Drinks	
Salad	\$5.00	250ml Popper (100% Juice)	\$3.00
Chicken + Salad	\$5.50		
Ham + Salad	\$5.50		
Chicken + Lettuce + Mayo	\$5.50	500ml Plain Milk	\$2.00
Egg + Lettuce	\$5.00	300ml Flavoured Milk	\$3.00
Ham + Cheese + Tomato	\$5.50	600ml Flavoured Milk	\$4.00
Chicken & Avo	\$5.50		
<u>Lavash</u> *		600ml Water	\$2.50
Salad	\$4.00	1 Litre Water	\$3.50
Chicken + Salad + Mayo	\$4.50		
Chicken Caesar	\$4.50		
Chicken + Salad + Sweet Chilli Sauce	\$4.50		
<u>Vegie Pack</u> *		<u>Rolls & Subs</u> *	
Carrot, Zucchini, Cherry Tomatoes, Cheese, Aioli	\$3.00	Salad Wholemeal Roll	\$5.00
		Meat & Salad Wholemeal Roll	\$5.00
<u>Salad Bowls</u> *		Meat & Salad Sub	\$6.00
Meat & Salad	\$6.50	Chicken Caesar Sub	\$6.00
Garden Salad	\$5.00 GF		
Quiche + Salad	\$6.50 GF	Coconut Yoghurt	\$4.00
Zucchini Slice + Salad	\$6.50 GF	Museli & Yoghurt	\$3.50
Caesar Salad	\$6.50		
Greek Salad	\$5.00 GF	<u>Fresh Fruit</u>	
Roasted Vegetable & Chick Pea Salad	\$5.00 GF	Fruit Salad *	\$3.50 GF
		Apples, Watermelon, Rockmelon	\$1.00 GF
		<u>Homebaked Goods</u> *	
		Fruit Muffins	\$2.50
		Protein Balls	\$2.00

CANTEEN REQUEST SPECIAL ORDERS TO BE PLACED BEFORE 9AM

*** Made on Site**

GF: Gluten Free

Caloundra State High School CANTEEN MENU 2020

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HOT FOOD

Low Fat Pies & Sausage Rolls

Meat Pie	\$4.00
Potato Pie	\$4.50
Traveller Pie	\$3.50
Small Sausage Roll	\$2.50
Sausage Roll	\$3.50

Others (baked - not fried)

Chicken Goujons - chips (5)	\$3.00	
Chicken Nuggets (5)	\$3.00	
Spicy Chicken Wings	\$4.00	
Wedges	\$2.50	
Potato Gems	\$2.50	
Vegetable Fried Rice	\$4.00	*
Quiche (Lorraine, Spinach & Feta)	\$3.50	
Zucchini Slice	\$3.50	*
Toasted Sandwiches	\$4.50	

Sauces

Tomato or BBQ Sauce	\$0.30
Sweet Chilli Sauce	\$0.30
Light Sour Cream	\$0.30



Burgers

Hamburger	\$5.00
Cheese Burger	\$4.50
Chicken Burger	\$4.50
Egg & Bacon Burger	\$4.50

Hot Dogs

Hot Dog + Sauce	\$3.00 *
Hot Dog + Sauce + Cheese	\$3.50 *

Hot Meals

Vegetarian Pasta	\$4.50 *
Pasta - Fresh Penne Bolognese	\$5.00 *
Homemade Lasagne	\$5.00 *
Soup (Winter only)	\$3.00 *

Fresh Pizza

Ham + Cheese + Pineapple	\$3.50 *
BBQ Chicken Pizza	\$4.00 *

Kebab

Beef & Lamb (tomato, lettuce & cheese)	\$5.00 *
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Toasted Turkish Bread

Chicken + Cheese + Sweet Chilli Sauce	\$4.50 *
Ham, Cheese, Tom, Onion & Aioli	\$4.50 *

Open Melts

Chicken, Cheese, Avocado, Sweet Chilli Sauce	\$4.00 *
Roasted Vegie & Tomato Relish	\$4.00 *

Gravy Rolls

Chicken & Gravy (Winter only)	\$4.50 *
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