

Caloundra State High School Canteen Menu 2019

This Menu Complies with the Qld Gov Smart Choices Program

FRESH FOOD

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<u>Sandwiches/Rolls (white/multi-grain)</u>			<u>Drinks</u>	
Salad	\$4.50		250ml Popper (100% Juice)	\$2.50
Chicken + Salad	\$5.00			
Ham + Salad	\$5.00			
Chicken + Lettuce + Mayo	\$5.00		500ml Plain Milk	\$1.80
Egg + Lettuce	\$4.50		300ml Flavoured Milk	\$3.00
Ham + Cheese + Tomato	\$5.00		600ml Flavoured Milk	\$3.70
Chicken & Avo	\$5.00		500ml Nippy's Milk-Reduced Fat	\$3.70
			600ml Water	\$2.50
<u>Lavash</u>	*		1 Litre Water	\$3.50
Salad	\$3.50			
Chicken + Salad + Mayo	\$4.00			
Chicken + Salad + Satay Sauce	\$4.00			
Chicken + Salad + Sweet Chilli Sauce	\$4.00			
			<u>Proud & Punch 100% Fruit Ice Blocks</u>	
Vegie Pack -carrot,celery,capsicum,cheese	\$3.00		Apple, Pear, Spinach, Lime	\$3.00
			Pear, Blood Orange, Strawberry	\$3.00
			Apple, Beetroot, Carrot, Ginger	\$3.00
<u>Salad Bowls</u>	*			
Meat & Salad	\$6.50	GF		
Garden Salad	\$4.50	GF		
Quiche + Salad	\$6.50		<u>Fresh Yoghurt</u>	\$3.00
Zucchini Slice + Salad	\$6.50			
Caesar Salad	\$6.50			
<u>Sushi</u>				
Teryaki Chicken Avo , Cucumber	\$3.50			
Crispy Chicken Avo , Cucmber	\$3.50			
Tuna Avo , Cucumber	\$3.50			
Salmon Philly & Cucumber	\$3.50			
Tempura Prawn	\$3.50			
Vegetarian	\$3.50			
Avo & Mayo	\$3.50			
			<u>Fresh Fruit</u>	
			Fruit Salad *	\$3.50 GF
			Apples, etc.	\$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 2019

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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
Wedges	\$2.50
Potato Gems	\$2.50

Quiche (Lorraine, Sir Spinach & Feta)	\$3.50
Zucchini Slice	\$3.50

Toasted Sandwiches	\$4.00
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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	\$4.00

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

Chicken Tenders + Lettuce + Light Cheese	\$5.00 *
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Toasted Turkish Bread

Chicken + Cheese + Sweet Chilli Sauce	\$4.50 *
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Turkish Melts

Chicken, Cheese, Avocado, Sweet Chilli Sauce	\$4.00 *
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Gravy Rolls

Chicken & Gravy (Winter only)	\$4.50 *
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