

# CHS Canteen Menu - 2019

CHS Canteen operates Monday to Friday during school terms unless otherwise notified.

To guarantee your choice is available for lunch, please pre-order online or at recess.

Limited items available over the counter at lunchtime.

TO PRE-ORDER ONLINE you will need to set up an online account with our service provider – Flexi schools. Follow the links from the CHS website.

## All day hot food

Healthy eating Beef pie	\$4.00
Healthy eating sausage roll	\$3.50
Homemade sausage roll	\$4.00
Oven Baked Wedges	\$3.50
Vegetarian Nachos	\$3.00
Burrito	\$3.00
Cheese Tortilla	\$3.00
Garlic bread	\$1.00
Hamburger, salad & cheese	\$5.00
Chicken burger with salad	\$5.00
Chicken tender roll	\$5.00
Vegetarian Burger	\$5.00

## Snacks

Muffin wholegrain with fruit	\$3.50
Jelly- made with fruit juice	\$1.00
Carrot & celery sticks	\$1.00
Yogurt cups	\$2.50
Yogurt cups with berries	\$3.00
Cookies whole grain	\$0.80

## Drinks

Just juice (200ml)	\$1.50
Water (600ml)	\$1.50
Glee (Raspberry, Blackcurrant, Tropical)	\$2.50
Milk – Hi-lo (300ml)	\$2.00
Milk – Moove (300ml) (Chocolate, Strawberry)	\$2.40
Milk – Moove (600ml) (Chocolate, Strawberry)	\$3.20
Slushies (various flavours)	\$2.50

## Fresh fruit

Apples	\$1.00
Oranges	\$1.00
Watermelon	\$3.00
Fruit Salad	\$3.50
Fruit cups	\$1.00

## Ice creams

Frozen yogurt	\$2.60
Paddle pop	\$1.70
Icy twist	\$1.00
Quench	\$1.00

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## Please Note:

Toasted sandwiches

Wraps

Sandwiches

Salads

Rolls

## Pre-order items only

### Salads

Plain	\$4.00
Chicken	\$4.50
Chicken Caesar (Chicken, lettuce, bacon, egg, Caesar dressing)	\$4.50
Vegetarian (with dip Falafel, cheese & egg)	\$5.00

### Wraps

Chicken Caesar	\$4.00
Chicken, lettuce and mayo	\$4.00
Chicken Tandoori (Carrot, yogurt and lettuce)	\$4.00
Falafel	\$4.00

### Toasted sandwiches

Ham and cheese	\$4.50
Cheese and tomato	\$4.50
Cheese	\$4.50
Ham, cheese and tomato	\$4.50

<b>Assorted Sandwiches</b>	<b>\$4.00</b>
<b>Assorted Rolls</b>	<b>\$4.50</b>

Chicken, cheese, ham, tomato, lettuce, cucumber, beetroot, carrot, onion.

## **Hot Meals - \$5.00**

**Curry of the day** - (Butter Chicken or Beef Curry)

**Fried Rice** – (vegetarian or ham & chicken)

**Lasagne** – (Beef & Pork)

**Pasta of the day** – (vegetarian, Bolognese or creamy chicken)

**Burrito Bowl** – (chicken, beef, pork or vegetarian)

**Soup of the day** – served with a crusty roll

**All hot meals are pre-ordered only**