

# CHS Canteen Menu – 2021

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.

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.

Gluten free products are prepared in an all-School's kitchen.

<u>Gluten Free</u>		<u>Vegan</u>	
White Rice	\$2.00	White Rice	\$2.00
Brown Rice	\$2.00	Brown Rice	\$2.00
Steamed seasonal vegetables	\$3.00	Steamed seasonal vegetables	\$3.00
Baked seasonal vegetables	\$4.00	Baked seasonal vegetables	\$4.00
Gluten free tender roll	\$6.00	Baked bean jaffle	\$4.50
Gluten free beef pie	\$5.50	Falafel and vegetable wrap with hummus	\$5.00
Gluten free pasta vegetarian	\$6.00	Vegan basil pesto pasta	\$5.00
Gluten free pasta with beef	\$6.00	Vegan tomato pasta	\$5.00
Gluten free muffin	\$3.50	Salad roll with grilled Vegetables	\$6.00
Gluten free cookie	\$0.80		

  

<u>Daily hot meals</u>		<u>Every day hot meals</u>	
Monday – Butter chicken and rice	\$6.00	Sweet chilli chicken roll	\$6.00
Tuesday - Fried rice	\$6.00	Beef and cheese burger	\$6.00
Wednesday - Burgers	\$6.00	Chick pea Burger	\$6.00
Thursday – Beef lasagne	\$6.00	Light beef pie	\$5.00
Friday – Burrito Bowls	\$6.00	Potato wedges	\$4.00
		Vegetarian pasta bake	\$6.00
		Creamy pasta bake	\$6.00
		Garlic Bread	\$1.00

  

<u>Ice creams</u>	
Frozen bulla yogurt	\$3.00
Twisted yogurt	\$3.50
Paddle pops	\$1.80

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## Please Note:

Toasted sandwiches

Wraps

Sandwiches

Salads

Rolls

### Pre-order items only

#### Sandwiches

Cheese and tomato	\$4.50
Chicken and lettuce	\$4.50
Egg and lettuce	\$4.50
Cheese	\$4.50
Chicken and salad	\$4.50

#### Toasted sandwiches

Cheese and tomato	\$4.50
Cheese	\$4.00

#### Salads

Chicken salad	\$6.00
Plain salad	\$5.00
Vegetarian salad with egg and cheese	\$6.00

#### Drinks

Glee	\$3.00
Just juice	\$1.50
Flavoured milk 300ml	\$2.50
Flavoured milk 600ml	\$3.50
Plain milk	\$2.00
Water	\$2.00

#### Wraps

Cheese carrot and lettuce	\$5.00
Chicken and lettuce	\$5.00
Egg and lettuce	\$5.00

#### Rolls

Chicken and salad	\$5.00
Egg and lettuce	\$5.00
Plain salad roll	\$5.00

#### Snacks

Cookie	\$0.80
Muffin	\$3.50
Fruit Salad	\$3.50
Watermelon	\$3.50
Rockmelon	\$3.50

#### Fresh fruit

Apples, oranges, pear, banana, kiwi fruit  
\$1.00 each

#### Vegetables sticks

Cucumber, carrots, celery, tomato  
\$1.00 each