TERM 3, 2009
HIGH SCHOOL CANTEEN MENU

Available Monday to Friday

Toasted Sandwiches on Wholemeal Bread (Please specify if you do not want butter)
Vegemite or Tomato or Cheese Sandwich $2.00
Ham, Cheese and Tomato Sandwich $3.50
Sandwich Filling *Extras* for 50c: Tomato or Cheese or Pesto
Sandwich Filling *Extras* for 80c: Free Range Egg or Egg & Mayo
Sandwich Filling *Extra* for $1.00: Ham
(Gluten free Bread available upon request)

Now Available: Wholemeal Rolls fresh daily for Salad Rolls $3.00
(Salad Rolls include: Lettuce, tomato, grated Carrot, cucumber.
Extras same price as above)

Daily Specials

MONDAY: Vegetarian Minestrone Soup Large cup only $3.00
(Served with Parmesan Cheese)
(Gluten Free Minestrone available upon request)
Garlic Bread (per slice) .70

TUESDAY: Poached free range Chicken and Lettuce Wrap $4.00
With egg mayonnaise **or** Pesto/egg mayo
School made Vegetarian Samosa Pastie $3.00

WEDNESDAY: Pasta Cups with homemade tomato/vegetable Lge Only $3.00
Pasta Cups with homemade bolognaise Sauce Lge Only $4.00
(All Pasta Cups are served with Parmesan Cheese)

THURSDAY: School made Vegetarian Samosa Pastie $3.00
School made Sausage Rolls $3.00
Tomato Sauce .20
Cup of Thai Pumpkin Soup $2.50

FRIDAY: Cup of Vegetarian Fried Rice with egg. $3.00
(Contains: Soy roasted sesame and sunflower seeds, onion, ginger, garlic, Capsicum, Carrot, beans, and egg.)

*****(We will be experimenting with new recipes during the term and adding them when they are ready. We are hoping to add an extra option of Vegetarian Sushi Rolls on Mondays asap)

DRINKS

600ml Water $1.50
375 ml Apple, Orange or Pineapple Juice $1.50
375 ml Vanilla Malt or Chocolate Oak $1.50