



CAVENDISH ROAD

State High School

Canteen Menu Term 2 & Term 3 2019

Open Daily from 8.00 am

ORDERS

Teachers and Staff – Ring Ext 723 by 9am

Students - Order at Canteen from 8.00am

All menu lines are created using - “Smart Choices Menu”

****Gluten Free Available by Request****

Available for Breakfast from 8.00am

1” Thick Raisin Toast	\$1.00
Toasted Chicken & Cheese (H).....	\$4.00
Toasted Ham & Cheese.....	\$4.00
Avocado & Feta smash on 1” toast	\$3.00
Bacon & Egg Muffin.....	\$4.00
Spinach & Egg Roll (friday only)	\$5.00
Scrambled egg, spinach, bacon, cheese, tomato chutney on a long roll	
Brekky Burrito.....	\$4.00
Scrambled Egg, Bacon and low fat cheese wrapped in a tortilla and baked	
Low Fat Greek Yoghurt.....	\$4.00
With Granola & Fruit purees – Passionfruit, Mango or Raspberry	
Hot Beverages	\$2.00
Cappuccino, Mocha, Flat White, Hot Chocolate or Tea	

Daily Specials –Term 2 & 3 2019

Monday

Devil Chicken Burger \$5.00

Round toasted Turkish bun with Spicy Crusted Chicken, lettuce, tomato with Peri Mayo

Beef Burrito \$5.00

Tortilla wrap with Mexican beef, rice & beans

Butter Chicken (Halal) with steamed basmati rice & naan bread \$5.00

Tuesday

Lamb Wrap..... \$5.00

Kebab Bread with Tender Lamb Yiros, Salad & Tzatziki

Lasagna\$5.00

Fried Rice \$5.00

Basmati rice, Lean Diced Bacon, Corn, Peas, Capsicum, Egg, Soy & Hoisin sauce

Chicken Parmy Burger \$5.00

Round toasted Turkish bun with Crumbed Chicken, lettuce, mutti tomato sauce & low fat Cheese Slice

Wednesday

Pizza..... \$4.00

Made in house - Ham & Pineapple, BBQ Chicken (H) & Meat lovers

Meatball Sub..... \$5.00

Oven grilled meatballs tossed in our own tomato salsa with low fat shredded cheese on a bun

Tandoori Chicken Wrap (Halal) \$5.00

Kebab Bread with Tandoori chicken, fresh mixed salad with Greek yoghurt

Thursday

Chilli Chicken Wrap \$5.00

Kebab Flat Bread with chicken tenders, mixed salad with sweet chilli mayo

BBQ Pork Rib Sub (Thurs. & Fri.) Pork Riblet on a bun with BBQ sauce \$5.00

Satay Chicken & Rice (Halal) \$5.00

Lean diced chicken breast meat with satay sauce & steamed basmati rice

Warm Basil Pesto Pasta (Halal) (Thurs. & Fri.) \$5.00

Lean diced chicken breast with basil pesto & cream, parmesan cheese & penne pasta

Friday

BBQ Beef Burger \$5.00

Round toasted Turkish bun with BBQ Beef Patty, grilled onions, lettuce, tomato, beetroot & BBQ sauce

Chicken Mac & Cheese (Halal) \$5.00

Macaroni, Chicken, Low fat grated cheese with white sauce

Southern Chicken Wrap..... \$5.00

Kebab Bread with Spicy chicken strips, fresh mixed salad with peri peri mayo sauce

Selection of Hot Food Available for Order and Self-Serve

All Meals are made on school premises (but may contain traces of nuts).

Beef Enchiladas with salsa & cheese	\$5.00
Cheeseburger (lettuce, tomato, grilled onions & low fat cheese)	\$4.00
Baked Potato	\$4.00
Whole potato, low fat grated cheese, lean diced bacon, light sour cream and chives	
Pizzadillas (Available Wed. to Fri)	\$5.00
Toasted tortilla with Chicken, refried beans, lite Philly cheese, capsicum, shallots & cheese	
Cheesy Garlic Bread garlic & low fat cheese.....	\$3.00
Soups (made in house)	\$3/\$5
Devil Wyngz Ding Meal Box (Available Thurs & Fri)	\$6.00
Spicy pieces of boneless chicken wings with Sweet potato fries and garden salad	
Garlic Bombs 60gr.....	\$1.00
Koolskool Beef Pie 170gr.....	\$3.50
Koolskool Sausage Roll 110gr.....	\$3.00
Koolskool Cottage Pie	\$4.00
Halal Sausage Rolls & Pies (Available for pre-orders only)	\$3-4
Individual Sauces Tomato, BBQ, Soy or Thai Sweet Chilli	\$0.30

Toasties

Gluten Free Bread & Wraps available only when pre-ordering

Toasted Chicken, Cheese and Avocado (H) on toasted turkish	\$5.00
Vegetarian (Pesto, capsicum, red onion, tomato, spinach leaves, cheese & feta) on toasted turkish	\$5.00
BLT Lean Bacon, Tomato & Cos lettuce on 1 inch thick toast.....	\$4.00
Toasted Chicken & Cheese Sandwich (H) on wholemeal.....	\$4.00
Toasted Ham & Cheese Sandwich on wholemeal	\$4.00

Salads & Cold Cabinet

Range of Salads (Crunchy Noodle Salad with Roast Chicken, Caesar Salad & Greek Salad) ...	\$5.00
Basil Pesto Pasta Salad with Chicken (Halal)	\$4.00
Sushi Sushi Pro - Teriyaki chicken, Salmon & Avocado, Tuna & Mayo	\$3.00
Rice Paper Rolls (great vegetarian option).....	\$4.00
Salad Box Chicken or Ham served with large garden salad.....	\$6.00
Fruit Salad & Yoghurt Selection of Seasonal Fruits & Berries & Yoghurt	\$4.00
Watermelon Cup or Mixed Fruit Cup	\$3.00
Low Fat Greek Yoghurt	\$4.00
With Granola & Fruit purees – Passionfruit, Mango or Raspberry	
Farmers Union Greek Style Yoghurt Squeeze Honey or Strawberry	\$2.50
Deli Pack Hommus, Jatz, Cherry tomatoes, cheese portion, Veg sticks.....	\$4.00
Whole Fruit Apples, Bananas, Oranges	\$1.50
Cheese Portions	\$1.00
Sour Lite Cream (small tub)	\$1.00
Hommus dip (small tub)	\$1.00

Sandwiches & Wraps

Chicken & Salad Wrap (H)	\$5.00
Tortilla wrap with chicken breast, fresh mixed salad, tomato, cheese & tatziki	
Vegan Salad Wrap	\$5.00
Tortilla wrap, mixed lettuce, grated carrot, beetroot, tomato, avocado, cucumber and hommus	
Leg Ham & Salad Wrap	\$5.00
Tortilla wrap with ham, fresh mixed salad, tomato, cheese & tzatziki	
Caesar Salad Wrap (H)	\$5.00
Tortilla wrap with roast chicken, cos lettuce, egg, bacon, croutons, parmesan & caesar dressing	
Ham, Cheese & Tomato Sandwich on wholemeal.....	\$4.00
Chicken, Chive & Mayo Sandwich (H) on wholemeal	\$4.00
Egg & Lettuce Sandwich on wholemeal	\$4.00
Turkey, Cranberry & Avocado Sandwich on wholemeal..	\$4.00
Roast Beef, Cheese, Tomato & Chutney on wholemeal..	\$4.00

Milk Selection

Plain Milk — 500ml	\$2.50
Zymil Plain Milk (Lactose free) 250ml.....	\$2.00
Dairy Farmers Small Flvd Milk 300ml Chocolate, Strawberry, Coffee.....	\$2.00
Dairy Farmers Large Flvd Milk 500ml Chocolate, Strawberry & Vanilla Malt	\$3.00
Vitasoy Whole Soy Milk 500ml Vanilla Chai, Almond Chocolate	\$3.50
M2Go 300ml Chocolate & Strawberry	\$2.00
Emma & Toms Tetra Milk 250ml Chocolate & Strawberry	\$2.00

Juices and Waters

Nu Water 1.5lt	\$3.00
Emma & Tom's Water 600ml.....	\$2.00
Emma & Tom's Lightly Sparkling Water 500ml	\$2.50
Emma & Tom's Juice 250ml 100% Juice – Orange, Cloudy Apple, Karma & Green Power.....	\$2.50

Treats

Muffins 60gr Made in house (Chocolate, Apple Cinnamon & Blueberry)	\$1.50
Priestley's Banana Bread - Dairy free	\$3.00
Quelch Frozen Fruit Juice Ice Block	\$0.50
Paddle Pop Ice Block – Chocolate & Rainbow	\$2.00
Lemonade Icy Twists	\$1.50
Bulla Frozen Yoghurt - Mango & Raspberry.....	\$2.00
Bulla Light Ice-cream Vanilla.....	\$2.00
Calippo - Raspberry Pineapple	\$1.00
Fruit Sorbet Creamy low fat fruit sorbet in natural fruit shells.....	\$3.00
Weis Bars Milk Strawberry & Mango Passionfruit	\$2.00
*NEW Twisted Frozen Yoghurts GF	\$3.00
Vanilla Bean & Strawberries, Vanilla Bean & Chocolate, Mangoes & Watermelon, Blueberries & Cookie	
Dried Fruit Pack Apricots, Apples, Cranberries, Banana Chips & Sultanas	\$2.00
Trail Mix Almonds, Pepitas, Dried Pineapple, Banana Chips, Sunflower Seeds & Sultana	\$2.00
Frozen Watermelon / Grapes	\$2.00

VOLUNTEERS ALWAYS WELCOME

PHONE ROBERTA O'MALLEY or MADONNA JARDINE

3394 0723 or email canteen.cavrd@gmail.com

Prices are subject to change without notification.