

SHPS Canteen Menu Term 3- 2019



Once in a while

Occasional

Everyday

- Please do not stick or staple down paper bags.
- Please make sure writing is clearly visible in Black or Blue Ink.
- **10c Fee for a paper bag** if ordering on an envelope.

LUNCH BAG EXAMPLE:

Mem Fox
Prep B
1 Sausage Roll \$3.50
with Sauce 25c
1 Choc Nippy Drink \$2
1 Popcorn \$1
Total \$6.75

SANDWICHES, ROLLS & WRAPS

(Bread is Multigrain, Rolls & Wraps are White)

Vegemite	\$2.50
Honey	\$2.50
Tomato	\$3.00
Cheese	\$3.00
Egg & Lettuce	\$4.50
Ham & Cheese	\$4.50
Ham, Tuna or Chicken	\$4.50
Chicken Cheese Lettuce & Avocado	\$5-00
Salad (Beetroot, Carrot, Cheese, Cucumber, Lettuce, Tomato, Mayo)	\$5.50
Ham, Chicken or Tuna with Salad	\$6.00
(Beetroot, Carrot, Cheese, Cucumber, Lettuce, Tomato, Mayo and your choice of Chicken, Ham or Tuna)	

EXTRAS \$0.50each
(Avocado, Beetroot, Cheese, Carrot, Cucumber, Tomato or Lettuce)

TOASTED SANDWICHES

Cheese	\$3.00
Cheese & Tomato	\$4.50
Ham	\$4.00
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.50
Chicken	\$4.00
Chicken & Cheese	\$4.50
Chicken, Cheese & Tomato	\$4.50

DRINKS

Bottled Water	\$1.50
Chocolate & Strawberry Milkshake	\$1.00
Just Juice 100% Juice	
(Tropical, Orange or Apple)	\$1.50
Nippy's Low-Fat Milk 250 ml	
(Iced Chocolate or Iced Strawberry)	\$2.00
Nippy's Low- Fat Milk (<u>STAFF ONLY</u>)	
Iced Coffee 375 ml	\$2.75
Hot Chocolate	\$1.50

HOT FOOD

Dim Sims (With/Without Soy Sauce)	\$1.00
Corn on the Cob	\$1.00
Cheese & Bacon Pizza Single	\$2.50
Ham & Pineapple Pizza Single	\$2.50
Chilli Tender Plain	\$2.50
Pie	\$4.50
Sausage Roll	\$3.50
Sweet Chilli Tender Roll	\$5.50
(2 Tenders in a roll with Lettuce & Mayo)	
Chicken Burger	\$5.50
(Lettuce, Mayo & Cheese)	
SAUCE	\$0.25

RECESS & SNACKS

Fresh Fruit	\$0.80
Half Buttered Buns (With or Without Apple)	\$ 2.20
Cheese & Vegemite Scroll	\$2.20
Pizza Scrolls	\$2.20
JJ Crisps (Chicken or Pizza)	\$1.20
Honey Soy Chicken Chips	\$1.20
Muffins 97% fat free	\$1.00
Jelly Cups	\$1.00
Popcorn	\$1.00

FROZEN ITEMS

Frozen Orange Quarters	\$ 0.20
Frozen Watermelon Slice	\$0.50
Frozen Pineapple Rings	\$0.50
Quelch Sticks	\$0.70
Frozen Yoghurt (Strawberry, Raspberry & Mango)	\$2.50

\$6 MEAL DEALS

TUESDAY & THURSDAYS ONLY

Choose lunch:

Pasta Bolognese or 5 Chicken Nuggets

Choose 2 Snacks/Drinks:

Water, Chocolate Milkshake, Strawberry Milkshake
Popcorn, Jelly