

# Moorebank High School Canteen Menu

## Breakfast

### **Pockets (toasted)**

Chicken and cheese in a wrap (E) \$2.50

Ham and cheese in a wrap (E) \$2.50

### **Toasties**

Cheese (E) \$2.50

Cheese and tomato (E) \$2.50

### **Yoghurt (Vaaliala 160g) \$2.50**

Vanilla (E)

Passionfruit (E)

Strawberry (E)

## Recess

*Items from the breakfast menu are available at recess. Additional items include:*

### **Toasties**

Ham and cheese (E) \$2.50

Ham, cheese and tomato (E) \$2.50

### **Warm chicken wrap (E) \$4.00**

### **Ham and Egg roll (E) \$4.00**

### **Cheese and Egg roll (E) \$4.00**

### **Fresh Fruit (2 varieties, seasonal, seasonal pricing) (E) approx. \$1.00**

*All chicken products are grilled chicken breast (except chicken sticks which are crumbed)*

## Recess and Lunch

Watermelon bowl (E) \$2.00

Beef pie (O) \$3.50

Lasagne (E) \$4.50

Chicken sticks (5 per pack) and sauce (O) \$3.00

Sausage roll (O) \$2.80

Mac 'n' cheese (E) \$4.50

### **Sandwiches:**

Ham, cheese, tomato (E) \$3.00

Chicken, lettuce and tomato (E) \$4.00

Salad (lettuce, tomato, cucumber, beetroot, carrot) (E) \$1.00

Cheese and salad (E) \$3.00

*Build your own sandwich or wrap – pre order:*

Bread: \$1.50

*Ham (\$1.00)*

*Carrot (\$0.50)*

*Capsicum (\$0.50)*

*Chicken breast (\$2.00)*

*Lettuce (\$0.50)*

*Cucumber (\$0.50)*

*Grated cheese (\$0.50)*

*Tuna (\$1.50)*

*Tomato (\$0.50)*

*Celery (\$0.50)*

*Sliced cheese (\$1.00)*

*Egg (\$1.00)*

*Condiments: \$0.30 (Mayo, chili mayo, chili sauce, Caesar sauce, BBQ sauce, tomato sauce)*

### **½ Wraps**

Chicken, lettuce, cheese and mayo (E) \$3.00

Caesar – lettuce, chicken, ham, cheese and Caesar sauce (E) \$3.00

### **Salad bowls \$3.50**

Chicken pasta salad (E) (Monday and Tuesday)

Greek salad (E) (Monday and Tuesday)

Vietnamese noodle salad with chicken (E) (Wednesday to Friday)

Chicken Caesar salad box (E) \$4.00 (Monday to Friday)

### **Vegie snack dip (E) \$2.50**

Celery, carrot, pita bread, hummus

### **Salad Special (E) – Price TBA**

Monday and Thursday – PRE-ORDER

## Lunch

### **Burgers \$4.50**

Chicken & lettuce (either chipotle or mayo) (E)

Vegie burger: vegie patty, lettuce, tomato and sweet chilli sauce (E)

Meatball sub (E) (Monday to Thursday)

Chicken burrito (E) (Monday and Tuesday)

Beef burger: lean beef patty, lettuce, tomato, beetroot and BBQ sauce (E)

Fish burger: crumbed fish fillet, lettuce, cheese and tartare sauce (O)

Chicken Parma sub (E) (Friday) (grilled chicken breast)

### **Salad boxes - Vegetarian: \$3.50**

#### **Build your own salad (pre order) (E)**

*Ham (\$1.00)*

*Lettuce (\$0.50)*

*Tomato (\$0.50)*

*Carrot (\$0.50)*

*Cucumber (\$0.50)*

*Celery (\$0.50)*

*Capsicum (\$0.50)*

*Grated cheese (\$0.50)*

*Sliced cheese (\$1.00)*

*Chicken breast (\$2.00)*

*Tuna (\$1.50)*

*Egg (\$1.00)*

*Chickpeas (\$1.00)*

*Corn (\$1.00)*

*Condiments \$0.30: Mayo, chili mayo, chili sauce, Caesar sauce, BBQ sauce, tomato sauce*

### **Pizza pocket wrap (Thursday and Friday)**

Chicken, red capsicum, red onion, special sauce and cheese (E) \$4.50

Margarita (E) \$3.00 (Pre-order only)

Cheese and veg (E) \$3.00 (Pre-order only)

### **Summer crunchy rolls \$4.00**

Chicken, lettuce and coleslaw (E) (Monday, Wednesday, Thursday, Friday)

Chicken, lettuce, tabouli and hommus (E) (Monday and Tuesday)

### **Summer wrap \$4.00**

Falafel, lettuce, tomato, hommus and cheese (E) (Monday, Wednesday, Thursday, Friday)

*All chicken products are grilled chicken breast (except chicken sticks which are crumbed). Vegie patty on burger is not crumbed. Only ham is used (no bacon)*

## Snacks

### **Popcorn \$2.00**

Chili (O)  
BBQ (O)  
Chicken (O)

### **Frozen juice cups (100% fruit juice) \$1.00**

Orange (E)  
Apple and Blackcurrant (E)

### **Juicies Tubes \$1.50**

Tropical (E)  
Wildberry (E)  
Lemonade (E)

## Drinks

### **Pump water bottle (E) \$4.00**

### **Mount Franklin water bottle (E) \$2.20**

### **Mount Franklin Flavoured water (E) \$2.20**

Lemon and lime                      Strawberry

### **Ice – flavoured sparkling water (O) \$3.50**

Watermelon                      Lime  
Orange

### **Oak Thick 425mL (E) \$2.50**

Chocolate                      Vanilla

### **Oak milk 250mL (E) \$2.50**

Chocolate                      Coffee (O)  
Strawberry

### **Up & Go 250mL (E) \$2.50**

Chocolate                      Vanilla

### **Juice 250mL (no added sugar) (E) \$**

Tropical                      Orange  
Apple

## Condiments \$0.30

Tomato sauce  
BBQ sauce  
Sweet chili sauce

***Weekly specials will  
be advertised via the  
school's website  
page.***

***These meals will meet  
the "everyday" food  
category.***