

“Food Shack”

Whitebridge High School P&C Canteen Summer Menu

SNACKS

Boiled Egg	\$1.00
Fresh Fruit Cup	\$1.00
Bliss Snack Balls	\$1.00
Red Rock Deli Sea Salt Chips/Grain Waves	\$1.50
Yoghurt, Granola, Berry Cups	\$2.00
Chocolate Mousse (100gm)	\$1.50
Low Fat Choc Muffin	\$2.50
Cheese & Vegemite Scroll	\$2.50
Hommus Cup w Carrot Sticks & Crackers	\$2.00

SANDWICHES/WRAPS

Egg & Lettuce Sandwich	\$4.00
Chicken Lettuce & Mayo Sandwich	\$4.00
Ham, Cheese & Tomato Sandwich	\$4.00
Salad Wrap + Salad, Beetroot, Capsicum, Cheese & Onion	\$5.00
Chicken Salad Wrap + Salad, Beetroot, Capsicum, Cheese & Onion	\$5.50
Ham Salad Wrap + Salad, Beetroot, Capsicum, Cheese & Onion	\$5.50
Chicken Caesar Wrap - Cos, Bacon, Chicken Egg, Parmesan & Aioli	\$5.50
Falafel Wrap or Roll w Lettuce, Tomato, Cucumber, Hommus & Aioli (Pre Order Only)`	\$5.50

FRESH SALADS DAILY

****Vegan Options Available**

Salad Bowl w Lettuce, Tomato, Cucumber, Carrot, Beetroot, Capsicum & Onion	\$5.00
ADD Chicken, Ham or Egg	\$6.00
**Pasta Salad (GF AVAILABLE)	
w Bacon, Sundried Tomato, Baby Spinach & Parmesan	Lge\$5.00 Sml\$2.50
Chicken Caesar Salad w Cos lettuce, Egg, Bacon, Chicken, Parmesan, Croutons & Aioli	\$5.50
**Buddha Bowl Cucumber & Cherry Tomato Salsa, Sesame Carrot, Beetroot, Baby Spinach, Roast Pumpkin, Hommus & Seed Mix	\$6.00
ADD FALAFEL , CHICKEN OR EGG	\$7.00

ICE BLOCKS (LUNCH ONLY)

Vanilla Ice Cream Cup	\$1.00
Juice Cups Apple, Orange, Apple Blackcurrant	\$1.00
Twisted Frozen Yogurts (Choc-Vanilla or Watermelon-Mango)	\$2.00

HOT FOOD

Garlic Bread 5" 75gm (RECESS ONLY)	\$2.00
Pesto Bread (Sundried tomato & Cheese)	\$2.50
Lean Sausage Roll (LUNCH ONLY)	\$2.50
Spinach & Ricotta Roll (LUNCH ONLY)	\$3.00
Fried Rice (GF)	\$3.50
Cajun Chicken Sub w Lettuce & Aioli	\$5.50
Sauce- Tomato, Sweet Chili or Aioli	50c

WHAT'S ON TODAY

MONDAY- Fresh Sushi

Teriyaki Chicken, Avocado or Vegetable	\$3.50
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TUESDAY- Taco Salad Wrap

w Beef Mince, Lettuce, Carrot, Tomato, Cheese & Salsa	\$5.00
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WEDNESDAY- Tandoori Chicken Wrap

OR Tandoori Chicken Salad Bowl	\$5.50
w Baby Spinach, Cucumber, Carrot & Yogurt	\$6.00

THURSDAY- Mexican Chicken Fajita

w Lettuce, Capsicum, Corn, Red Onion & Aioli	\$5.50
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FRIDAY- Popcorn Chicken Cup

Popcorn Chicken Burger w Lettuce, Tomato & Aioli	\$4.50 \$5.50
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DRINKS

Water 600ml	\$2.50
Juice 250ml Orange, Apple, Apple Blackcurrant	\$2.50
Plain Milk 300ml \$2.00 Plain Milk 600ml	\$2.50
Flavoured Milk 300ml Choc, Strawberry	\$2.50
Flavoured Milk 500ml Choc, Strawberry, Ice	\$3.50
Coffee, Vanilla Malt	
Vitasoy 330ml Almond Choc or Soy Vanilla Chai	\$3.50
Sanitarium Up & Go 250ml Choc or Vanilla	\$2.50

****OPEN MONDAY to FRIDAY**

ALL LUNCH ORDERS TO BE IN BY 9AM

Our school canteen relies on VOLUNTEERS for its continued success and operation

Please contact Mel in canteen if you can spare a few hours once a month or term!