

Seven Hills Public School Canteen Menu 2018

<u>SANDWICHES / TOASTIES / WRAPS</u>		<u>SALAD BOX</u>	
Cheese	\$2.00	Mini Salad – Lettuce, Tomato, Cucumber and Carrot with Balsamic Dressing (upon request)	\$2.50
Cheese and Tomato	\$2.50		
Ham	\$2.50	Super Salad – Lettuce, Tomato, Cucumber, Carrot, Beetroot, Cheese and Balsamic Dressing (upon request)	\$3.50
Ham and Cheese	\$3.00	Add Chicken or Ham (to any menu item)	\$1.00 ^{ea}
Ham, Cheese and Tomato	\$3.50	Add Cheese	50c
Ham and Salad (sandwich or wrap only)	\$3.50		
Chicken and Salad (sandwich or wrap only)	\$3.50		
Super Salad (sandwich or wrap only)	\$3.50		
<u>HOT FOOD</u>		<u>DRINKS</u>	
All Hot Food orders must be placed by 9:10am (available for Recess & Lunch).		Shakes & Smoothies must be ordered by 9:10am (available for Lunch only)	
Chicken Nugget*** Halal certified	60c	Water	\$1.00
Chicken Tender	\$1.00	Apple Juice	\$1.30
Garlic Bread (Home Style)	60c	Orange Juice	\$1.30
Warm Corn Cob	60c	Tropical Juice	\$1.30
Mini Meat Pie	90c	Chocolate Oak Milk	\$1.50
Large Meat Pie	\$2.70	Strawberry Oak Milk	\$1.50
Potato Gems (serve of 8)	\$1.00	Cold or Warm Milo (Cup)	\$1.50
BBQ Chicken Wrap with Lettuce & Mayo (Plain or Sweet Chilli Chicken available)	\$3.20	Cold Milk (Cup)	\$1.00
BBQ Mini Chicken Wrap	\$2.70	Milkshake - Low Fat Milk and Ice Cream Chocolate, Caramel, Strawberry, Cherry	\$2.10
BBQ Works Wrap Mayo, Lettuce, Carrot, Tomato, Cucumber & Cheese. (Plain or Sweet Chilli Chicken Tender available)	\$4.50	Ripe or Choc Caramel	
BBQ Mini Chicken Works Wrap	\$3.70	Real Fruit Banana Smoothie with Low Fat Milk, Yogurt, Honey and Bananas.	\$2.30
Cheese Hamburger with BBQ Sauce	\$3.00	<u>SNACKS</u>	
Hamburger with Lettuce, Tomato, Beetroot and BBQ Sauce	\$3.20	Snacks available for Recess &/or Lunch.	
Works Hamburger with Cheese, Lettuce, Tomato, Beetroot, Carrot & BBQ Sauce	\$4.00	Red Rock Deli Crisps	\$1.10
Chicken Burger with Lettuce & Mayo	\$3.20	Jumpys	80c
Works Chicken Burger with Beetroot, Lettuce, Tomato, Carrot, Cheese & Mayo	\$4.00	Popcorn	60c
Home Style Cheese Pizza	\$2.50	Seasonal Fruit	60c-\$1
Home Style Ham and Cheese Pizza	\$3.00	<u>ICE BLOCKS AND ICE CREAMS</u>	
Home Style Ham and Pineapple Pizza	\$3.00	Only available at Lunch.	
Home Style BBQ Chicken Pizza	\$3.20	Fruit Pops	25c
Home Style BBQ Meat Lovers Pizza	\$3.20	Frozen Yoghurt Sticks	60c
Lasagne	\$3.50	Frozen Fruit Juice Cups	60c
BBQ or Tomato Sauce	30c	Berri Fruit Sticks	80c
		TNTs	80c
		Paddle Pops	\$1.30
		HEALTHY MEAL DEALS ARE AVAILABLE	
		(see canteen notice board)	\$5-\$6

Healthy Choices are in Red
All Hot food is oven baked not fried

*Full fat milk or Ice Cream may be used when Low Fat option is not available.
**Items may contain traces of tree nuts, peanuts, gluten, egg & or dairy products.
*** Meat is Halal certified
Revised Term 1 2018

Canteen Opens at 8:45am & Closes at 1:45pm Wednesday, Thursday & Fridays