

Seven Hills Public School Canteen Menu 2019

<u>SANDWICHES / TOASTIES / WRAPS</u>		<u>SALAD BOX</u>	
Cheese	\$2.00	Mini Salad – Lettuce, Tomato, Cucumber and Carrot with Balsamic Dressing on the side.	\$2.50
Vegemite	\$2.00	Super Salad – Lettuce, Tomato, Cucumber, Carrot, Beetroot, Cheese and Balsamic Dressing.	\$3.50
Cheese and Tomato	\$2.50	Add BBQ Chicken to any menu item	\$1.00
Ham	\$2.50	Add Ham to any menu item	\$1.00
Ham and Cheese	\$3.00	Add Cheese to any menu item	50c
Ham, Cheese and Tomato	\$3.50		
Ham and Salad (sandwich or wrap only)	\$3.50		
BBQ Chicken and Cheese	\$3.00		
Super Salad (sandwich or wrap only)	\$3.50		
<u>HOT FOOD</u>		<u>DRINKS</u>	
Chicken Nugget*** Halal certified	60c	Water	\$1.00
Tenders (plain or sweet chilli)	\$1.20	Apple Juice	\$1.30
Homemade Garlic Herb Bread	60c	Orange Juice	\$1.30
Mrs Mac Lite'n Up Mini Pie	90c	GLEE Sparkling Tropical Juice	\$1.60
Potato Gems (serve 8)	\$1.00	GLEE Sparkling Blackcurrant	\$1.60
Mini BBQ Chicken Wrap with Lettuce & Mayonnaise	\$2.70	Chocolate or Strawberry Oak Milk	\$1.50
BBQ Chicken Wrap with Lettuce & Mayonnaise	\$3.50	Warm Milo Milk	\$1.50
Mini BBQ Chicken Works Wrap with Mayo, Lettuce, Carrot, Cucumber, Tomato & Cheese	\$3.70	Cold Milk	\$1.00
BBQ Chicken Works Wrap with Mayo, Lettuce, Carrot, Tomato, Cucumber & Cheese.	\$4.50	Milkshake - Chocolate or Strawberry	\$2.10
Cheese Hamburger with BBQ Sauce	\$3.20	Real Fruit Banana Smoothie with Low Fat Milk, Yogurt, Honey and Bananas.	\$2.30
Works Hamburger with Cheese, Lettuce, Tomato, Beetroot, Carrot & BBQ Sauce	\$4.50		
Grilled Chicken Burger w/Lettuce & Mayo	\$3.30	<u>ICE BLOCKS & FROZEN TREATS</u>	
Works Grilled Chicken Burger w/Mayo Lettuce, Tomato, Carrot & Cheese.	\$4.50	Frozen Fruit Juice Cup	60c
Home Style Cheese Pizza with BBQ sauce	\$3.00	TNT Sour Apple Ice Mony	80c
Home Style Ham and Cheese Pizza	\$3.50	Berri Frozen Sticks	80c
Home Style Ham and Pineapple Pizza	\$4.00	Choc Paddle Pop	\$1.50
Home Style BBQ Chicken Pizza with BBQ sauce	\$4.00	<u>SNACKS</u>	
Lasagne	\$3.50	Popcorn Time (lightly salted)	60c
Vegetarian Rice	\$3.50	Red Rock Deli Crisps	\$1.10
Thai Chicken Rice	\$4.00	Grain Waves	\$1.20
Butter Chicken & rice limited availability see staff	\$4.00	<u>FRESH FRUIT & VEG (seasonal)</u>	
Bolognaise & pasta	\$4.00	Mandarin	80c
		Apple	80c
		Orange	80c
		Peach	80c
		Banana	80c
		Carrot, Cucumber, Celery, Cheese (mixed combinations)	80c
		BBQ or Tomato Sauce	30c
		*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. ***Halal certified.	

Snacks are available at Recess & Lunch.
Hot Food orders need to be placed before school
& are available for Recess and Lunch.

Ice Blocks & Frozen treats are available at Lunch only. Shakes & Smoothies available for lunch only, by order before school. Revised Term 3 2019

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