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# CANTEEN MENU

QUAKERS HILL HIGH SCHOOL

## SUB ROLL

\$6.00

Sub rolls baked fresh everyday!

1. Choose ONE Meat:

Chicken Breast, Ham, Tuna, Meatballs or Roast Beef.

2. Choose Fillings:

Carrot, Cheese, Tomato, Lettuce, Cucumber or Beetroot.

3. Choose Sauce/Dressing:

Caesar, Garlic Aioli, Sweet Chilli, Tomato, BBW, Mayo or Sweet Mustard.

## TURKISH ROLL

\$7.00

Toasted or Fresh

1. Choose ONE Meat:

Chicken Schnitzel, Ham or Meatballs

2. Choose Fillings:

Swiss Cheese, Sundried Tomato, Capsicum, Baby Spinach, Feta Cheese, Fresh Avocado

3. Choose Sauce/Dressing:

Caesar, Peri-Peri, Pesto Kewpie Mayo, Sriracha Mayo, Sweet Chilli

Check the Canteen Blackboard for Daily Specials!

## HOT FOOD

Hot Cheese Roll	\$3.50
Hot Dog w/ Sauce	\$4.50
Sausage Roll	\$4.50
Spinach & Ricotta Roll	\$4.50
Pizza Slab	\$4.50
Hot Chicken Roll w/ gravy	\$5.00
Traveller Pie	\$5.00
Chicken Schnitzel Roll	\$6.00

## BURGERS

Beef/Salad Burger	\$6.00
Lettuce, Tomato & BBQ Sauce	
Cheese Burger	\$6.00
Meat, Cheese & BBQ Sauce	
Veggie Burger	\$6.00
Lettuce & Mayo	
Chicken Burger	\$6.00
Lettuce & Mayo	
Peri-Peri Chicken Burger	\$6.00
Lettuce, Chicken & Peri-Peri Sauce	
Chicken Caesar Burger	\$6.00
Lettuce, Chicken & Caesar Sauce	

## PASTA & RICE

Macaroni & Cheese	\$6.00
Beef Lasagne	\$6.00
Vegetable Lasagne	\$6.00
Butter Chicken & Rice	\$6.00

## SUSHI ROLLS

Chicken & Cucumber	\$4.50
Tuna & Cucumber	\$4.50
Chicken Terriyaki	\$4.50
Veggie Sushi	\$4.50

## HOT WRAPS

Toasted Cheese Wrap	\$4.50
Toasted Ham/Cheese Wrap	\$5.00
Chicken Tender Wrap	\$5.50
Chicken Caesar Wrap	\$6.00

## SANDWICHES & WRAPS

White OR Wholemeal Bread Available

Upgrade to Wrap	\$0.50
Egg Lettuce & Mayo	\$4.00
Tuna, Lettuce & Mayo	\$4.00
Ham, Cheese & Tomato	\$5.00
Salad Sandwich	\$5.00
Lettuce, Tomato, Cucumber, Beetroot & Carrot	
Chicken, Lettuce & Mayo	\$5.00
Salad w/ Ham	\$5.50
Salad w/ Chicken	\$5.50
Extras (including Toasting)	\$0.70
Cheese, Avocado, Sprouts	

## SALADS

Garden Salad	\$4.50
Lettuce, Tomato, Cucumber, Beetroot & Carrot	
Caesar Salad	\$5.50
Greek Salad	\$5.50
Italian Penne Salad	\$5.50
Singapore Noodles	\$5.50
Potato, Egg & Bacon	\$5.50
Chicken Basil Penne	\$6.00
Extras - Add your choice of protein	\$2.00
Chicken Breast, Smoked Ham, Boiled Egg or Chicken Tender	

## DRINKS

Bottled Water 600ml	\$2.50
Juice Bomb Sparkling Juice	\$3.50
Flavoured Milk 300ml	\$3.00
3 Flavours	
Flavoured Milk 500ml	\$4.50
3 Flavours	
Up 'n' Go	\$3.50
Sparkling Mineral Water	\$4.00
Powerade - No Sugar	\$5.00
No Sugar Cans	\$3.50
Fresh Juice - 500ml	\$4.50

## COLD TREATS

Frozen Juice Cup	\$1.50
Icy Mony	\$2.00
Juicee Tube	\$2.00
Snap Stix Ice Block	\$2.00
Ice Cream Cup	\$2.50
Frozen Yoghurt	\$3.00

## SNACKS

Garlic Bread	\$2.50
Low Fat Muffins	\$3.00
Banana Bread Slice	\$3.50
Fruit Salad	Small \$3.00   Large \$4.50

Gluten Free & Halal menus are available online



Don't Wait In Line...  
Jump the queue by booking online, and collecting your order from the express window!

Order Online!  
For a more detailed menu and to order online, please visit [spriggyschools.com.au](http://spriggyschools.com.au)

Spriggys

Lunch orders must be placed by 9am

Classroom Catering is fully compliant with the NSW Healthy School Canteen food & drink benchmarks

