



Smiths Hill High School Canteen Menu Term 4



Available from 8am

Cheese Toasties	\$4.00
Ham & Cheese Toasties	\$4.50
Ham Cheese & Tomato Toasties	\$4.70
Banana Bread	\$3.00
Yoghurt with muesli & berries	\$3.50
Fruit salad	\$3.50

Sandwiches

White, Wholemeal or Gluten Free Bread

Vegemite, Jam, Honey	\$3.00
Ham	\$4.00
Chicken	\$4.00
Tuna	\$4.00
Egg and Mayo	\$4.00
Cheese	\$4.00
Salad	\$4.00

Extras

Cheese	50c
Tomato, Cucumber, Beetroot,	
Lettuce, Carrot	20c
Mayo, Hummus, Tzatziki	20c
Tomato, Barbeque Sauce	30c

Salad box

Chicken Caesar	\$6.00
Crumbed Chicken Tender, Ham, Parmesan, Egg, Cos	
Lettuce, Croutons & Dressing	
Garden	\$5.50
Lettuce, Tomato, Carrot, Cucumber & Beetroot	
- add Chicken, Tuna, Egg or Ham	\$1.50
Pasta	\$5.50
Pasta, Tomato, Cucumber, Carrot, Capsicum & Cheese	
Roast Vegetable and cous cous	\$5.50
Capsicum, Tomato, Carrot, Onion, Sweet Potato & Spinach	
- add Chicken	\$1.50

Hot Meals

Butter Chicken and Rice	GF H	\$6.60
Mac and Cheese	V	\$5.50
Pasta Bolognaise		\$6.60
Vegetable Pasta	V DF	\$5.50
Fried Rice	V GF DF	\$5.50
- add Ham		\$1.50
Meatball Sub		\$6.00
Sausage Roll	DF EF	\$3.50
Chicken Noodle Cup		\$2.80
Garlic Bread		\$2.00

Burgers

Hamburger	EF	\$6.60
Lean Beef Patty, Cheese, Tomato, Lettuce, Beetroot & Sauce		
Chicken Burger	H	\$6.60
Crumbed Chicken Tender, Tomato, lettuce & Mayo.		
Lentil Burger	V	\$6.00
Spiced Lentil & Sweet potato, Tomato, Lettuce & Tzatziki		

Wraps

Chicken Caesar Wrap	\$6.00
Chicken, Ham, Parmesan, Cos Lettuce & Dressing	
Falafel Wrap	\$5.50
Tabouli and Hummus	
Mexican Wrap	\$6.00
Beef and Bean Mix, Cheese, Corn, lettuce, Tomato, Cucumber & Salsa	

Drinks

Coke No Sugar	375ml	\$3.00
Juice Bomb	250ml	\$2.50
Raspberry, Watermelon, Grape, Orange Passion Lemonade, Lime		
Juice		\$2.50
Apple, Orange		
Flavoured Milk	Chocolate & Strawberry	300ml \$2.50
		500ml \$4.00
Coffee	Sml	\$3.50
	Lrg	\$4.50
Water		\$2.00

Snacks

Anzac Biscuit	\$1.00
Fruit Muffin	\$1.50
Seasonal Fruit	\$1.50
Veg Stick with Dip	\$2.00
Berri Quelch Ice Block	50c
Ice Mony	\$1.50
Red Berry, Watermelon, Chocolate, Lemon	
Ice Cream Tub	GF \$1.50
Frozen Yoghurt	\$2.50
Choc/Vanilla, Mango/Watermelon	
Grain Waves	\$2.50
Red Rock Deli Sea Salt	\$2.50
Bliss Balls	50c