



Ku-ring-gai  
High School

# CANTEEN PRICE LIST

## 2019

### COLD FOOD

#### SANDWICH \$4.50

Egg, lettuce & mayo (V)  
Ham, cheese & tomato  
Chicken, lettuce & mayo

#### WRAP \$5.00

Falafal, hommus & salad (V)  
Chicken, salad & mayo

#### TOASTED TURKISH \$4.50

Chicken and Avocado  
Vegetarian (V)

#### SALAD BOX \$5.00

Chicken Caesar salad  
Greek or garden salad  
Brown Rice Salad

#### SUSHI \$4.00

Tuna & Avocado  
Salmon & Avocado  
Vegetarian  
Chicken & Cucumber

### HOT FOOD

|                               |        |
|-------------------------------|--------|
| Lasagne (Beef or Veg)         | \$4.50 |
| Butter Chicken and Rice       | \$5.00 |
| Fried Rice (V), (GF)          | \$4.50 |
| Honey Soy Chicken & Rice (GF) | \$4.50 |
| Cheesy Tomato Pasta           | \$4.00 |
| Lean Beef Cheese Burger       | \$4.50 |
| Grilled Chicken Cheese Burger | \$4.50 |
| Vegetarian Burger             | \$4.50 |
| Vegetarian Pizza              | \$4.00 |
| Frittata                      | \$4.00 |
| Garlic Bread                  | \$2.00 |
| Chicken Tenders (2) - baked   | \$4.00 |
| Beef Pie                      | \$4.00 |
| Chicken Tender Roll           | \$5.00 |

### EVERYDAY HOT LUNCH SPECIALS

**\$5.00**

|           |                           |
|-----------|---------------------------|
| Monday    | POTATO BAKE               |
| Tuesday   | MEXICAN e.g Burrito       |
| Wednesday | MEDITERRANEAN- Roast veg  |
| Thursday  | ASIAN e.g Hokkein Noodles |
| FRIDAY    | INDIAN e.g Butter Chicken |

### DAILY SNACKS

|                                           |               |
|-------------------------------------------|---------------|
| Yoghurt tub, with muesli                  | \$4.50        |
| Fruit Bun                                 | \$2.00        |
| Fresh Fruit (e.g Banana, apple, mandarin) | \$1.00        |
| Fruit Salad                               | \$2.50/\$4.50 |
| Cereal Cup                                | \$2.00        |
| Hot Cheese Roll                           | \$2.50        |
| Toasties                                  | \$2.50        |
| Turkish Melt                              | \$2.00        |
| Sea Salt Chips and SNAPS                  | \$1.50        |
| Small Muffin/ Fingerbun                   | \$2.00        |
| Banana Bread                              | \$2.50        |

### DRINKS (\$1.50 - \$4.00)

Milk - plain and flavoured (300ml, 600ml)  
Fruit Juice - 200ml, 375ml  
Water - 600ml, 750ml  
Diet Soft Drink - 500ml

### FROZEN SNACKS (\$1.00 - \$2.50)