



# Canteen Menu Term 3



## Breakfast (from 8:00-9:00am)

<b>Brekky Burger</b>	\$5.00
Egg, bacon, sausage, cheese, hash brown, BBQ sauce	
<b>Brekky Burrito –</b>	\$3.50
Bacon, egg, cheese, BBQ sauce,	
<b>Veggie Delight Wrap –</b>	\$4.50
Scrambled egg, baby spinach, hash brown, cheese, tomato, mushrooms & aioli mayo	
<b>Sausage &amp; Egg Wrap</b>	\$3.50
Sausage pattie, cheese, scrambled egg, BBQ Sauce	
<b>Sausage &amp; Egg Muffin</b>	\$3.50
Sausage, egg, cheese, BBQ sauce	

## Breakfast Toasties

Cheese	\$2.00
Ham, Cheese	\$3.00
Cheese & Vegemite	\$2.50
Cheese & bake beans	\$3.00
Cheese, tomato & onion	\$3.00
Vegemite & Cheese scroll	\$3.00
Bacon & Cheese scroll	\$3.00
Fresh fruit salad (V)	\$3.00
Muffins -Banana, Apple & cinnamon, Raspberry	\$1.50
Vanilla yogurt fruit & granola	\$3.50

## Everyday Hot Food

Meat Pie – low fat	\$4.00
Potato Pie – Low fat	\$4.50
Sausage Roll - low fat	\$3.00
Chicken & mayo roll	\$5.00
Chicken & Gravy Roll	\$5.00
Meatball sub	\$5.00
Hotdog	\$3.00

## Homemade

Penne pasta bake (Sml/Lg)	\$3.00/\$4.50
Creamy pesto pasta	\$5.00
Pizza Ham & Cheese	\$5.00
BBQ Chicken & Cheese	\$5.00

## Burgers

<b>Cheese</b> - beef, cheese, BBQ sauce	\$4.50
<b>BBQ Chicken</b> - Chicken, cheese, BBQ Sauce	\$5.00
<b>Chicken</b> – Chicken pattie, cheese, mayo	\$5.00

## Salads

<b>Chicken Caesar</b>	\$6.00
Chicken, egg, bacon, parmesan cheese, lettuce, with Caesar dressing	
<b>Chicken Peri Peri</b>	\$6.00
Chicken, lettuce, tomato, cucumber, carrot, red onion topped with peri peri mayo	

## Sushi

Chicken/tuna/avocado (V/GF) (Sml/Twn)	\$3.80/\$6.00
---------------------------------------	---------------

## Weekly Specials

### Monday

<b>Creamy Spinach &amp; Cheese Pasta Bake (V)</b>	\$5.00
<b>Spaghetti &amp; Meatballs</b>	Sm/\$4.00 Lg \$6.00

### Tuesday

<b>Sweet &amp; Sour Chicken</b>	\$6.00
Tempura chicken, capsicum, onion, carrot, pineapple with steamed rice	
<b>Curry Sausage &amp; Rice</b>	\$6.00
Sausage, carrot, potato, onion, & steamed rice	

### Wednesday

<b>Creamy Vegetable Korma &amp; Rice</b>	\$6.00
Pumpkin, onion, potato, carrot, chick peas with steamed rice	
<b>Chicken Massaman Curry</b>	\$6.00
Chicken, onion, potato, carrot with steamed rice	

### Thursday

<b>Steamed Bao Bun</b>	\$6.00
Pulled Pork, Karaage Chicken	
<b>Pulled Pork Poke bowl (GF)</b>	\$6.00
Teriyaki pulled pork, carrot, edamame, steamed rice	

### Friday

<b>PBC Mac</b>	\$6.00
Beef, tomato, cheese, lettuce, PBC secret sauce	
<b>Chicken Parmigiana Burger</b>	\$6.00
Chicken pattie, ham, cheese, pineapple topped with marinara sauce	
<b>Burger Bomb</b>	\$7.00
Beef pattie, bacon, egg, cheese, onion, tomato, beetroot, lettuce, with BBQ sauce	
<b>Veggie Burger</b>	\$6.00
Veggie pattie, tomato, lettuce, beetroot, cheese, mayo & tomato sauce	

## Sandwiches & Wraps

Ham & cheese	\$4.00
Cheese & salad	\$5.00
Ham, cheese & tomato	\$4.50
Ham & salad	\$5.00
Chicken & salad	\$5.50
Egg, lettuce & mayo	\$4.50
Curried egg	\$4.00
Chicken & mayo	\$5.00
Chicken, baby spinach, mayo	\$5.00
Corn beef, cheese, sweet mustard pickles	\$5.00
Corn beef, & salad	\$5.50
<b>Snack Wrap</b> - chicken, tomato, lettuce, mayo	\$4.50
<b>Chicken Caesar Wrap</b>	\$6.00
Chicken, lettuce, bacon, parmesan, egg, Caesar dressing	
<b>Chicken Peri Peri Wrap</b>	\$6.00
Chicken, lettuce, tomato, cucumber, carrot, red onion, Peri Peri mayo	

## Herb & Garlic Focaccia (Fresh or Toasted)

<b>Chicken, Cheese &amp; Avocado</b>	\$6.00
Fresh Chicken, cheese, avocado, baby spinach, aioli	
<b>Cheese &amp; Salad</b>	\$6.00
Cheese, tomato, carrot, cucumber, red onion, mayo	
<b>Vegan Focaccia (V)</b>	\$6.00
Roasted vegetable, vegan mayo, vegan cheese	
<b>BLT Turkish</b>	\$6.00
Bacon, baby spinach, tomato, aioli	

## Snacks

Cheese & Crackers	\$3.00
Fresh fruit salad tub (V)	\$3.00
Watermelon tub (V)	\$3.00
Whole Fruit – Apple, Orange, Banana (each) (V)	\$1.00
2 x Boiled Eggs	\$3.00
Vanilla yogurt, fruit & granola	\$3.50
Assorted muffins baked daily	\$2.00

## Ice blocks

<b>Twisted frozen yoghurt (DF / GF / NF)</b>	\$3.50
Watermelon & Mango or Strawberry	
<b>Bulla frozen yoghurt</b> - Strawberry or Mango	\$4.00
<b>Billabong</b> - Rainbow, Chocolate	\$2.00
<b>Icey Pole</b> - Lemonade	\$1.50
<b>Calippo</b>	\$1.00
<b>Frozen fruit cup</b>	\$1.00
Apple, orange, Apple & Blackcurrant	
<b>Milo cup</b>	\$3.50

## Hot Drinks

Flat white/Cappuccino/Latte (Reg/Lg)	\$4.00/\$5.00
Extras- Syrups (vanilla, caramel)	\$0.50
Extra Shot Soy/Almond/Oat/Lactose Free Milk	\$0.50
Hot chocolate	\$3.00
Chai Latte (Reg/Lg)	\$4.00/\$4.50

## Drinks

Milk 300ml (Chocolate, Strawberry, Iced Coffee)	\$2.50
Milk Full Cream 500ml	\$3.00
Milk 500ml (Real Chocolate)	\$4.00
Popper	\$2.00
Aleo Vera (3 flavours)	\$4.00
Water (600ml / 1L)	\$2.00/\$3.00
Bundaberg Juice (Orange/Apple/ABC/Pineapple)	\$4.00
Oak Protein Plus Milk	\$4.50
Emma & Tom's Sparkling water (Peach, Lime, Watermelon)	\$3.50
Emma & Tom's 250ml	\$3.00
100% Juice (Orange, cloudy apple, ABC Bliss,)	
Slushi 99% Fruit Juice	\$2.50



# Canteen Menu Term 3



## **Vegan (Must Pre order)**

<b>V</b> Cheesy Garlic Bread	<b>\$3.00</b>
<b>V</b> Meat Ball Sub	<b>\$5.00</b>
<b>V</b> CHKN Parmy Roll	<b>\$5.00</b>
<b>V</b> Gyozas with sweet chilli	<b>\$5.00</b>
<b>V</b> Vegan Sausage roll	<b>\$5.00</b>

## **Gluten Free (Must Pre order)**

<b>GF</b> Cheese burger	<b>\$5.00</b>
<b>GF</b> Chicken burger with cheese	<b>\$5.00</b>
<b>GF</b> Chicken Nuggets	<b>\$4.00</b>
<b>GF</b> Chicken & Cheese Toastie	<b>\$5.00</b>
<b>GF</b> Ham & Cheese Toastie	<b>\$4.50</b>
<b>GF</b> Cheese & Tomato Toastie	<b>\$4.00</b>

\* **V - Vegan, DF - Dairy Free, GF - Gluten Free, NF - Nut Free**

## **Palm Beach Currumbin High School Canteen**

### **OPENING HOURS**

**MONDAY TO FRIDAY**

**FROM**

**8:00am TO 1:50pm**

### **PRE-ORDERS**

**Staff – Ring EXT 574**