

# NARARA VALLEY HIGH SCHOOL CANTEEN MENU

TERM 2 2022



## SANDWICHES, ROLLS & WRAPS

Prepared fresh in the Canteen. Available every day to order.

Ham & Salad	\$5.00
Chicken & Salad	\$5.00
Salad with Cheese <b>V CM</b>	\$4.50
Salmon	\$4.00
Tuna	\$4.00
Chicken	\$4.00
Ham	\$4.00
Salad	\$4.00
Egg	\$4.00
Cheese	\$3.00
Vegemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1.50

## SANDWICH EXTRAS

Also available to add as extras to burgers and focaccias

Gluten Free Bread	\$1.00
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Onion	\$0.50
Pineapple	\$0.50
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$1.50
Tomato	\$0.50

BBQ, Mayo, Tomato or Sweet Chilli Sauce available free

## FRESH SALADS

Available everyday to order. Select from set salads or create your own on Flexischools

<b>Caesar Salad <b>CM</b></b>	\$5.00
Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing	

<b>Greek Salad <b>V CM</b></b>	\$5.00
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing	

<b>Garden Salad <b>V CM</b></b>	\$5.00
Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing	

<b>Pasta Salad <b>V CM</b></b>	\$5.00
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing	

### Create Your Own Salad

Avocado	\$1.00
Bacon pieces	\$1.00
Beetroot	\$0.50
Capsicum	\$0.50
Carrot	\$0.50
Celery	\$0.50
Cheese - Tasty	\$1.00
Cheese - Parmesan	\$1.00
Cheese - Feta	\$1.00
Croutons	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Olives	\$0.50
Onion	\$0.50
Pineapple	\$0.50
Tomato	\$0.50
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Sauce/Dressing Sachet	\$0.30



## TOASTED FOCACCIA BREAD

Order on Flexischools to add your choice of fillings

Cheese	\$3.50
Chicken & Cheese	\$4.00
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Chicken & Pineapple	\$4.00
Ham, Cheese & Tomato	\$4.50
Ham Cheese & Pineapple	\$5.00
Chicken & Avocado	\$5.00
Chicken, Cheese & Avocado	\$5.50

## BURGERS

Available every day to order. PLAIN or with sauce. Add to from Sandwich Extras

Beef	\$5.00
Fish	\$5.00
Chicken	\$5.00
Veggie Burger <b>V</b>	\$5.00
Any With Salad	\$6.50

## PIZZA

Available every day to order

Ham & Pineapple	\$4.00
Ham	\$4.00
Vegetarian <b>V</b>	\$4.00
Cheese <b>V</b>	\$4.00
BBQ Chicken	\$4.00
<b>GF</b> Base	Extra \$1.00

A wide selection of foods will be available for purchase over the counter for both breaks - but not necessarily all foods on the menu. Order online to ensure your choice is available.

Check the noticeboard & the Flexischools App for specials & meal deals  
EFTPOS AVAILABLE

## HOT FOODS

Available every day to order



Yummy Drummies	\$1.00
Chicken Noodle Soup	\$2.00
Junior Beef Pie (Low Fat)	\$2.00
Garlic Bread	\$2.00
Boiled Rice <b>GF</b>	\$2.00
Cheese Pocket <b>V</b>	\$2.00
Ham & Cheese Pocket	\$3.00
Chicken & Cheese Pocket	\$3.00
2 Minute Noodles	\$3.00
2 Minute Noodles <b>GF</b>	\$3.50
Toasties	From \$3.00
Hot Dog	\$3.00
Hot Dog with Cheese	\$4.00
Beef Pie (Low Fat)	\$4.00
Beef Pie <b>GF</b>	\$5.00
Sausage Roll (Low Fat)	\$3.50
Sauce Sachets	\$0.30

**GF - Gluten Free CM - Canteen Made**

## HOMEMADE MEALS ALL CM

Available every day to order

Honey Soy Chicken & Rice <b>GF</b>	\$5.50
Beef Nachos	\$5.50
Vegetarian Nachos <b>V</b>	\$5.50
Butter Chicken with Rice <b>GF</b>	\$5.50
Pasta Bolognese	\$5.50
Beef Burrito	\$5.50
Chicken Caesar Toasted Wrap	\$5.50
Chicken Fried Rice <b>GF</b>	\$5.50
Vegetarian Pasta <b>GF V</b>	\$4.50
Vegetarian Fried Rice <b>GF V</b>	\$4.50

A selection of additional fresh homemade meals will be made as **Specials** and advertised on the Canteen Noticeboard and Facebook.



# NARARA VALLEY HIGH SCHOOL

## CANTEEN MENU

**TERM 2 2022**  
**CHECK THE NOTICEBOARD & FACEBOOK FOR SPECIALS & MEAL DEALS**



### BREAKFAST MENU

*Available every day to order*

Plain Pikelets	\$0.50
Fruit Pikelets	\$0.50
Toast (2) Vegemite/Jam	\$1.00
Raisin Toast (2)	\$1.50
Hash Brown	\$1.00
Yummy Drummie	\$1.00
Melted Cheese ½ Roll	\$2.00
Melted Cheese & Tomato	\$2.00
Cereal with Milk	\$2.00
Muesli & Yoghurt	\$2.00
Oats Yoghurt & Fruit	\$2.50
Toasties	From \$3.00
Bacon & Egg Roll	\$4.50
Bacon & Egg Wrap	\$4.50



### FRESH FRUIT & VEG SNACKS

*Available every day*

Cucumber Sticks	\$1.50
Carrot or Celery Sticks	\$1.50
Veg Combination Pack	\$1.50
Vege Sticks with Dip	\$2.50
Orange (cut if required)	\$1.50
Apple	\$1.50
Watermelon	\$1.50
Small Fruit Salad	\$3.00
Medium Fruit Salad	\$4.00
Medium Fruit Salad & Yoghurt	\$4.50
Medium Fruit Salad & Custard	\$4.50
Large Fruit Salad	\$5.00
Large Fruit Salad & Custard	\$5.50
Large Fruit Salad & Yoghurt	\$5.50

### FROZEN SNACKS

*Available every day*

Quelch Stick	\$0.50
Frozen Juice Cup	\$1.00
Ice Mony Choc Lemon	\$1.00
Juicies	\$1.50
Low Fat Icecream Cup	\$1.50
Paddle Pop	\$2.00
Frozen Fruit Yoghurt	\$2.50
Frozen Yoghurt with Fruit Pieces	\$2.50



***New items will be advertised on the Canteen Facebook Page***

### DRINKS

*Available every day*

300ml Spring Water	\$1.00
600ml Spring Water	\$2.00
1.5 Litre Spring Water	\$3.00
Light Sparkling Water	\$3.00
Juice Cup x 3 Flavours	\$1.00
Juice Bomb Sparkling Juice	\$3.00
Fruit Juice 250 ml	\$2.50
Milk (Plain) 300ml	\$2.00
Plain Milk with Siparh Straw	\$2.50
Milk (Flavoured) 300ml	\$2.70
Milk Flavoured 500ml	\$4.50
Soy Milk	\$2.50
Up & Go	\$2.50
Hot Chocolate	Small \$2.00
Hot Chocolate	Large \$3.00
Light Iced Tea	\$4.50
Aloe Drinks	\$4.50
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00

### COLD SNACKS CM

*Available every day*

Jelly	\$1.00
Plain Custard	\$1.00
Jelly & Custard	\$1.00
Jelly & Yoghurt	\$1.00
Jelly with Fresh Fruit	\$2.00
Jelly with Fresh Fruit & Custard	\$2.50
Chocolate Mousse	\$2.00
Low Fat Yoghurt	\$2.50
Yoghurt with Fruit Pieces	\$3.00



### SNACK FOODS

*Available every day*

Cruskits (4) or Rice Cakes GF (4)	
With Vegemite	\$2.00
With Cheese	\$2.50
With Avocado	\$3.00
Fruity Bites	\$1.00
Garlic Bread	\$2.00
Bread Sticks	\$0.50
Milo Wholegrain Cereal	\$1.00
Coco Bombs Cereal GF	\$1.00
Homemade ANZAC Cookies	\$1.00
Popcorn	\$1.60
Red Rock Deli Chips GF	\$1.60
Low Fat Muffins	\$2.00
Low Fat Slices	\$2.00
Banana Bread	\$2.50



***All possible care is taken when preparing Gluten Free Foods***