



CAMPBELL HIGH SCHOOL CANTEEN MENU - 2018

Beat the rush and order your lunch and recess at breakfast.

BREAKFAST (8.30 - 8.50am)

SEASONAL FRUIT (G)	\$1.00
HASH BROWN (a)	\$1.50
CAMPBELL SUB- canteen made (a)	\$2.70
FRUIT SMOOTHIES	\$3.50

SANDWICHES / WRAPS

PLEASE ORDER:

SANDWICHES - \$5-

EGG & LETTUCE, TOMATO & CHEESE,
HOMMUS & SALAD, CHEESE & SALAD

WRAPS - \$5-

HOMMUS & SALAD, CHEESE & SALAD

EGG & LETTUCE, TERIYAKI CHICKEN

GLUTEN FREE - PLEASE ORDER

RICE PAPER ROLLS <i>2 for</i>	\$4.50
GLUTEN FREE PASTA	\$4.00
SUSHI (WEDNESDAY ONLY)	\$4.50

SALADS

GARDEN SALAD (G)	\$3.30
GARDEN SALAD with your choice	
EGG/ CHEESE/CHICKEN (G)	\$4.50
VIETNAMESE NOODLE SALAD	
choice of vegetarian or chicken	\$5.00

HOT FOOD

TOASTED TORTILLAS - canteen made -cheese & tomato, avocado (G)	\$4.00
SPINACH & RICOTTA - canteen made (a)	\$3.30
WEDGES (a)	\$3.60
SAUSAGE ROLL - Mrs Macs Good Eating (a)	\$3.60
TRAVELLER BEEF PIE (a)	\$4.00
MAC 'N' CHEESE - canteen made (G)	\$4.00
FLAME GRILLED BEEF BURGER with SALAD (a)	\$5.00
FLAME GRILLED CHICKEN BURGER with LETTUCE (a)	\$5.00
CHEESE BURGER (a)	\$5.00
SWEET CHILLI CHICKEN TENDER ROLL with LETTUCE (a)	\$5.00

DAILY SPECIALS

Monday	CHICKEN PARMIGIANA (a)	\$5.00
Tuesday	SPAGHETTI BOLOGNESE, VEGETARIAN PASTA(G)	\$4.00
Wednesday	SUSHI - VEGETARIAN, AVOCADO & CHICKEN (G)	\$4.50
	SUSHI -TERIYAKI CHICKEN (a), TUNA (G)	\$4.50
Thursday	STIR FRY NOODLES (G)	\$5.00
Friday	BURGERS: CHICKEN, CHEESE, HAMBURGER (a)	\$5.00
	CHICKEN PARMIGIANA (a)	\$5.00
	VEGETARIAN (G)	\$5.00

FROZEN YOGHURT, ICE CREAM

99% BERRI FRUIT JUICE STICKS (a)	\$1.00
PADDLEPOPS (a)	\$2.00
TWISTED YOGHURT - 98%f.f.(a)	\$2.60

The menu items have been assessed against the National Healthy School Canteen Guidelines by Nutrition Australia using the traffic light system.

CANTEEN

The P & C canteen is open every school day for breakfast, lunch and recess.

Breakfast is provided from 8.30am - 8.50am. Students are encouraged to preorder their lunch at the canteen counter before 8.50am. Students with preordered lunches have a separate pick up area and are served faster.

Break 1 (Long Break) begins at 11.10am. The canteen offers a selection of freshly prepared and cooked meals.

Break 2 (Short break) begins at 1.40pm. The canteen offers a smaller selection of food. Students can preorder their food for short break to avoid waiting in line.

Daily specials and seasonal food are also advertised on the canteen's whiteboard.

For special dietary requirements, it is recommended to preorder meals or see Hazel to discuss your order.

Canteen Manager : Hazel

Contact: 62 478049