

CAMPBELL HIGH SCHOOL CANTEEN MENU - 2019

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

BREAKFAST (8.30 - 8.55am)

SEASONAL FRUIT (G)	\$1.50
HASH BROWN (a)	\$1.50
CAMPBELL SUB- canteen made (a)	\$2.80
FRUIT SMOOTHIES (G)	\$3.60

SANDWICHES / WRAPS

PLEASE ORDER:

SANDWICHES -\$5-

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

WRAPS-\$5-

HOMMUS & SALAD, CHEESE & SALAD
EGG & LETTUCE, TERIYAKI CHICKEN
TANDOORI CHICKEN WITH SALAD

GLUTEN FREE - PLEASE ORDER

RICE PAPER ROLLS	2 for	\$4.50
GLUTEN FREE PASTA		\$4.20
SUSHI (WEDNESDAY ONLY)		\$4.70

SALADS

GARDEN SALAD (G)	\$4.00
GARDEN SALAD with your choice	
EGG/ CHEESE/CHICKEN (G)	\$5.00
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)	\$3.50
WEDGES (a)	\$3.80
SAUSAGE ROLL - Mrs Macs Good Eating (a)	\$3.80
TRAVELLER BEEF PIE (a)	\$4.20
MAC 'N' CHEESE - canteen made (G)	\$4.20
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)	\$4.20
Wednesday	SUSHI - VEGETARIAN, AVOCADO & CHICKEN (G)	\$4.70
	SUSHI -TERIYAKI CHICKEN (a), TUNA (G)	\$4.70
	ASIAN BEEF NOODLES	\$5.00
Thursday	CHICKEN WINGS WITH RICE (a)	\$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)	\$2.80

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