

Breakfast

Cheese Toastie (everyday)- \$3.00

Ham & Cheese Toastie (everyday) - \$4.00

Ham, Cheese & Tomato Toastie (everyday) - \$4.50

Ham & Cheese Roll (everyday) - \$3.00

Pancake with strawberry jam (Tuesday) - \$1.50

Hash browns (Wednesday & Fridays) - \$3.00

Ham & Cheese Croissant (Wednesday) - \$3.00

Egg & Bacon Muffins (Friday) - \$3.50

DRINKS

Chocolate & Strawberry Milk Small - \$2.50

Chocolate, Strawberry, Vanilla Malt & Banana Milk Large - \$4.50

Up & Go (chocolate & vanilla) – **new price** - \$2.50

Apple or Apple Blackcurrant juice - \$2.50

Orange Juice - \$3.00

Iced Coffee - \$3.00

Water - \$2.50

Glee - \$3.00

Hot or Cold Milo - \$2.00 (to be pre-ordered)

Hot Chocolate - \$2.00 (to be pre-ordered)

Slushie - \$2.50

Everyday Items (can be ordered for recess or lunch)

Sandwiches, Rolls & Wraps

Cheese & Tomato - \$3.50

Ham & Cheese - \$4.00

Egg & Lettuce - \$4.00

Chicken, Cheese & Mayo - \$4.50

Ham, Cheese & Tomato - \$4.50

Cheese & Salad Roll or Wrap - \$5.00

Salad in Rice Paper - \$5.00

Chicken, Lettuce & Mayo Roll or Wrap - \$5.50

Ham & Salad in Roll or Wrap - \$6.00

Caesar Salad Roll or Wrap - \$6.00

Warm Tandoori Wrap - \$5.50

(baby spinach, tomato, cucumber, chicken, tandoori & yoghurt)

Warm Chicken Schnitzel Wrap - \$5.50

(cheese, lettuce, schnitzel & mayo)

Ham Special on a Roll or Wrap - \$6.00

(baby spinach, tomato relish, ham & brie)

Chicken Special on a Roll or Wrap - \$6.00

(lettuce, chicken, fruit chutney, brie)

Sandwiches available on Gluten Free bread - \$6.50

SALADS

MEDIUM SIZE \$5.50

LARGE \$7.50

Caesar Salad with Chicken, Ham, Egg & Parmesan

Greek Salad with Meslun, Cucumber, Tomato, Olives & Fetta

Avocado Salad with Lettuce, Tomato, Onion, Avocado

PASTAS

Spaghetti Bolognese - \$5.50

Fettucine Carbonara - \$5.50

Italian Meatballs with Penne - \$5.50

Pesto Penne - \$5.50

Home made Lasagne - \$5.50

PASTAS – GLUTEN FREE

Spaghetti Bolognese - \$6.00

Italian Meatballs with Penne - \$6.00

Pesto Penne - \$6.00

Home made Lasagne - \$6.00

Everyday Items – Hot Food (can be ordered for recess or lunch)

Ham & Cheese Roll - \$3.00

Hot Dog with sauce & cheese - \$4.50

Ham & Pineapple Pizza Bread - \$5.00

Potato Wedges w Sour Cream & Sweet Chilli - \$5.00

Sweet Chilli Chicken Wrap - \$5.00

Popcorn Chicken & Wedges - \$5.50

Chicken Tenders & Chips - \$5.50

Pies & Sausage Rolls

Traveller Beef Pie - \$5.00

Traveller Beef & Pepper Pie - \$5.00

Beef & Potato Pie - \$5.00

Sausage Roll - \$4.00

Party Pie - \$1.00

Spinach & Ricotta Sausage Roll - \$4.00

Tomato Sauce \$0.50c BBQ Sauce \$0.50c

BURGERS

Chicken Burger - \$6.00

(lettuce, carrot, cheese, mayo & chicken pattie)

Chicken Parmi Burger - \$6.00

(lettuce, cheese, salsa, mayo & chicken pattie)

Peri Peri Burger - \$6.00

(lettuce, tomato, peri peri sauce & chicken pattie)

Beef Burger - \$6.00

(lettuce, tomato, beetroot, carrot, onion, cheese & beef pattie) with
tomato or BBQ sauce

Vege Burger (lett, tomato, onion, fetta and salsa w vege pattie) - \$6.00

Cheese Burger - \$5.50

(lettuce, cheese, beef pattie with tomato or BBQ sauce)

**** Please note you can add or take anything off the burgers when
ordered ****

SNACKS

Custard or Yoghurt (plain, w berries or w muesli) - \$2.00

Hommus or Salami Nibbles Packs - \$6.00

Muffins - \$2.50

Honey Soy Chips \$2.00 Sea Salt Chips \$2.00 Grainwaves \$2.00

Juicies Ice Block (lemonade or Wildberry) \$2.00 Fruit Ice Block \$1.00

Twisted Frozen Yoghurt Watermelon & Mango \$2.50

Ordering can be done online at flexischools.com.au or please come to
the Canteen Counter and order **before 9.00am**

CANTEEN STAFF: CAROLYN, KRISTY & JAZMIN

MOSS VALE HIGH SCHOOL CANTEEN

PROUDLY RUN BY MOSS VALE HIGH SCHOOL P & C ASSOCIATION