



DID YOU  
KNOW?

*The Parents & Citizens  
(P & C ) run the canteen as part  
of the service to our school?*

*You can help this service by  
purchasing a healthy meal or  
snack for your child.*

# Moss Vale High School *Canteen Menu*

Menu Term 1 2021  
Ph:48681883



## ***PREORDERED BEFORE 9AM***

Monday	Breakfast	Hot ham & cheese roll	\$3.00
	Recess	Wrap of the day	\$4.00
	Lunch	Cheesy meatball sub with garlic butter & salad	\$5.50
Tuesday	Breakfast	Toasted sandwiches	\$3.00
	Recess	Hot pasta cup of the day	\$3.00
	Lunch	Chicken parmigiana burger with lettuce & mayo	\$5.50
Wednesday	Breakfast	Hot ham & cheese rolls	\$3.00
	Recess	Wrap of the day	\$4.00
	Lunch	Chicken burger with salad <u>or</u> Beef burger with salad	\$5.50
Thursday	Breakfast	Toasted sandwiches	\$3.00
	Recess	Wrap of the day	\$4.00
	Lunch	GF Meal of the day served with rice	\$5.50
Friday	Breakfast	Café style fruit toast with cinnamon sugar	\$1.00
	Recess	Homemade pizza bread	\$4.50
	Lunch	Burrito's or Lasagne Half Garlic Bread	\$5.50 \$1.00

Item	Price
	Black is everyday foods Colour is occasional foods
Ham/chicken/cheese salad ½ Wrap	\$4.00
Caesar salad roll w chic/ham/egg	\$5.00
Chicken lettuce & mayo roll	\$4.50
Beef burger with salad	\$5.50
Chicken burger with salad	\$5.50
Cheesy meatball burger with salad	\$5.50
Chicken parmi burger with salad	\$5.50
Chicken pasta salad small tub	\$3.50
GF Greek salad	\$4.00
GF Sweet pot & chic pea salad	\$6.00
Lite n Easy salad pack	\$6.00
Caesar salad pack w chick, ham & egg	\$6.00
Lasagne (everyday) rated	\$5.50
Fried Rice (everyday) rated	\$5.50
Mac & cheese tub (everyday) rated	\$5.50
Hot chicken Mexican wrap	\$4.00
Tandori chicken wrap with lettuce & carrot	\$6.00
Tomato sauce portion	.50c

**Occasional food only**

Potato wedges lite s/cream + sauce	\$3.50
Lite pepper steak pie - 3.5 star	\$4.50
Lite cheese & bacon pie - 3.5 star	\$4.50
Small sausage roll—3.5 star	\$3.50
Lite medium meat pie 180g	\$4.50
Lite 1/2 garlic bread	\$1.00

## Drinks

Water.....	600ml	\$2.00
Water.....	75ml	\$1.50
Popper Juices .....	250ml	\$2.00
Glee sparkling tropical .....	250ml	\$2.80
Glee sparkling raspberry .....	250ml	\$2.80
Glee sparkling blackcurrant .....	250ml	\$2.80
Glee sparkling grape .....	250ml	\$2.80
Milk - choc/straw/car/van.....	500ml	\$4.00
Milk - choc/strawberry.....	300ml	\$2.50
Nippy Milk choco or coffee.....	375ml	\$3.50
Milk plain.....	600ml	\$2.20
Milk plain.....	300ml	\$1.50
Up & Go vanilla/chocolate.....	250ml	\$2.80
Blizzard hot chocolate.....		\$2.00

## Homemade, Fresh or Occasional Foods

Selection of Fresh Sandwiches.....	\$3.00 to \$6.00
Fresh Fruit salad tub/cup- <i>summer only</i> ...	\$2.00 to \$3.00
Yogurts with Raspberries or Muesli.....	\$2.00 to \$3.00
Cheese and Crackers .....	\$1.80
Custard cups with blueberries or muesli...	\$1.50

## Occasional Snack

Grain waves sour cream 28g .....	\$2.00
Red rock deli plain chips 28gr .....	\$2.00
Homemade muffins .....	\$2.00
Homemade oat cookies .....	\$1.00
Juiceys wildberry/tropical .....	\$1.50
Bulla vanilla cups .....	\$2.00
Quelch frozen fruit sticks .....	\$1.00