

Moss Vale High School *Canteen* *Menu*

Menu Term 1 2020
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DAILY MENU

Monday	Breakfast	Hot Cheese Bacon Roll	\$3.00
	Recess	Chicken chilli Wraps	\$3.80
	Lunch	Meatball/cheese Burger Or Mac & Cheese Tub	\$5.00 \$5.00
Tuesday	Breakfast	Toasted Sandwiches	\$3.00
	Recess	Mac & Cheese cups	\$3.00
	Lunch	Chicken Parmigiana Burger with Lettuce & Mayo	\$5.50
Wednesday	Breakfast	Hot Cheese Bacon Rolls	\$3.00
	Recess	Hot Pasta Napolitano Sauce/ cheesy top	\$3.00
	Lunch	Chicken Burger with Salad Or Beef Burger with Salad	\$5.50
Thursday	Breakfast	Toasted Sandwiches	\$3.00
	Recess	Hot Chicken/Cheese Mexican Wrap	\$4.00
	Lunch	Butter Chicken+ Rice GF or	\$5.50
	Lunch	Fried Rice G/F	\$5.00
Friday	Breakfast	Hot Ham, Cheese, Egg Wrap with BBQ sauce	\$4.00
	Recess	Home Made Pizza Bread	\$4.00
	Lunch	Burrito's or Lasagne	\$5.50
	Lunch	Half Garlic Bread	\$1.00

Black is everyday foods
Colour is occasional foods

Lunch Order Items
Pre-order before 9am

Item	Price
Ham/chicken/cheese salad $\frac{1}{2}$ 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
Mexican meatball Burger with salad	\$5.50
Chicken Parmesan Burger with salad	\$5.50
Chicken Pasta Salad small tub	\$3.50
Greek salad GF	\$4.00
Sweet Pot & Chic Pea salad GF	\$6.00
Lite n Easy Salad Pack	\$6.00
Caesar Salad Pack w chic ham egg	\$6.00
Lasagne (everyday) rated	\$5.50
Fried Rice (everyday) rated	\$5.00
Mac & Cheese Tub (everyday) rated	\$5.00
Hot chicken Mexican wrap	\$4.00
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	\$3.00
Lite Medium meat pie 180g	\$4.50
1/2 Garlic Bread Lite	\$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/coffee/Van.....	500ml	\$4.00
Milk - Choc/strawberry.....	300ml	\$2.50
Nippy Milk choco/Honey Coffee....	375ml	\$3.50
Milk plain.....	600ml	\$2.00
Milk plain.....	300ml	\$1.50
Up & Go Vanilla/Chocolate.....	250ml	\$2.80
Blizzard Hot Chocolate.....		\$2.50

Homemade, Fresh or Occasional Foods

Selection of Fresh Sandwiches.....	\$3.00 to \$6.00
Fresh Fruit salad tub/cup.....	\$2.00 to \$3.00
Yogurts with Raspberries or Muesli.....	\$2.00 to \$3.00
Cheese and Crackers	\$1.80

Occasional Snack

Grain waves Sour Cream 28g	\$2.00
Red rock deli plain chips 28gr	\$2.00
Homemade Muffins	\$1.80
Homemade oat cookies	\$1.00
Juiceys wildberry/Tropical	\$1.50
Bulla vanilla cups	\$2.00
Choc Vanilla Yogurt Swirl	\$2.50
Quelch Fruit Sticks	\$1.00