



Caloundra State High School Canteen Menu 2018

This Menu Complies with the Qld Gov Smart Choices Program

FRESH FOOD

Sandwiches/Rolls (white/multi-grain)

Salad	\$4.00
Chicken + Salad	\$4.50
Ham + Salad	\$4.50
Chicken + Lettuce + Mayo	\$4.50
Egg + Lettuce	\$4.00
Ham + Cheese + Tomato	\$4.50
Chicken & Avo	\$4.50

Lavash

Salad	\$3.50
Chicken + Salad + Mayo	\$4.00
Chicken + Salad + Satay Sauce	\$4.00
Chicken + Salad + Sweet Chilli Sauce	\$4.00

Veggie Pack-carrot,celery,capsicum,cheese \$3.00

Salad Bowls

Meat & Salad	\$6.00	GF
Garden Salad	\$3.50	GF
Quiche + Salad	\$6.00	
Zucchini Slice + Salad	\$6.00	
Caesar Salad	\$6.00	

Sushi

Teryaki Chicken Avo , Cucumber	\$3.50
Crispy Chicken Avo , Cucmber	\$3.50
Tuna Avo , Cucumber	\$3.50
Salmon Philly & Cucumber	\$3.50
Tempura Prawn	\$3.50
Vegetarian	\$3.50
Avo & Mayo	\$3.50

Drinks

250ml Popper (100% Juice) \$1.50

500ml Plain Milk	\$1.80
300ml Flavoured Milk	\$2.50
600ml Flavoured Milk	\$3.50
500ml Nippy's Milk-Reduced Fat	\$3.50
600ml Water	\$2.00
1 Litre Water	\$3.00



Proud & Punch 100% Fruit Ice Blocks

Apple, Pear, Spinach, Lime	\$3.00
Pear, Blood Orange, Strawberry	\$3.00
Apple, Beetroot, Carrot, Ginger	\$3.00

Fresh Yoghurt

\$3.00

Fresh Fruit

Fruit Salad *	\$3.00	GF
Apples, etc.	\$1.00	GF



Homebaked Goods

Fruit Muffins	\$2.50
Protein Balls	\$2.00

CANTEEN REQUEST SPECIAL ORDERS TO BE PLACED BEFORE 9AM

*** Made on Site**

GF: Gluten Free



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HOT FOOD

Low Fat Pies & Sausage Rolls

Meat Pie	\$4.00
Potato Pie	\$4.50
Traveller Pie	\$3.50
Small Sausage Roll	\$2.50
Sausage Roll	\$3.50

Others (baked - not fried)

Chicken Goujons - chips (5)	\$2.50
Chicken Nuggets (5)	\$2.50
Wedges	\$2.00
Potato Gems	\$2.00
Quiche (Lorraine, Spinach & Feta)	\$3.50
Zucchini Slice	\$3.50
Toasted Sandwiches	\$4.00

Sauces

Tomato or BBQ Sauce	\$0.30
Sweet Chilli Sauce	\$0.30
Light Sour Cream	\$0.30



Burgers

Hamburger	\$4.50
Cheese Burger	\$4.00
Chicken Burger	\$4.00
Egg & Bacon Burger	\$3.50

Hot Dogs

Hot Dog + Sauce	\$3.00 *
Hot Dog + Sauce + Cheese	\$3.50 *

Hot Meals

Vegetarian Pasta	\$4.50
Pasta - Fresh Penne Bolognese	\$5.00 *
Homemade Lasagne	\$5.00 *
Soup (Winter only)	\$3.00 *

Fresh Pizza

Ham + Cheese + Pineapple	\$3.50 *
* BBQ Chicken Pizza	\$4.00

Kebab

* Chicken Tenders + Lettuce + Light Cheese	\$5.00 *
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Toasted Turkish Bread

Chicken + Cheese + Sweet Chilli Sauce	\$4.50 *
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Turkish Melts

Chicken, Cheese, Avocado, Sweet Chilli Sauce	\$4.00 *
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Gravy Rolls

Chicken & Gravy (Winter only)	\$4.00 *
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