

# Holsworthy High School Canteen

## Sandwiches - Rolls - Wraps

Assorted ready made wraps, rolls and sandwiches are on the counter daily OR place an order by 10.30am

Egg	\$ 4.50	Tomato	\$5.00
Vegetemite	\$ 4.00	Cheese	\$5.00
Salad	\$ 6.20	Caesar	\$7.00

Make your own...pick a bread and pick a meat all \$5.50

- |         |               |
|---------|---------------|
| - Roll  | - Tuna        |
| - Wrap  | - Ham         |
| - Bread | - Chicken     |
|         | - Beef / Pork |

Add extra filling

- |           |        |
|-----------|--------|
| - Avocado | \$1.00 |
| - Salad   | \$1.50 |
| - Lettuce | \$0.50 |
| - Cheese  | \$0.50 |
| - Tomato  | \$0.50 |

Add a dressing....Mayonnaise, Hommus, Ranch, Tzatziki (home made) all \$0.50

*Freshly made on the premises*

## Hot Food

- |                                 |          |
|---------------------------------|----------|
| - Fried Rice                    | \$5.50   |
| - Spaghetti Bolognese           | \$5.50   |
| - Chicken Noodles (Mamee)       | \$3.50   |
| - Chicken Chips (Goujon)        | \$4.50   |
| - Chicken Tenders (with chilli) | \$5.50 * |
| - Lasagne                       | \$5.50   |
| - Garlic Bread                  | \$3.00 * |
| - Ham and Cheese melts          | \$3.80   |

Home made Pizza on Turkish Base \$5.00

- Chicken & Pineapple
- Ham & Pineapple
- Cheese & Tomato
- Vegetarian – baby spinach, cherry tomatoes, goats cheese, pineapple, grated cheese

Burgers

- |                            |        |
|----------------------------|--------|
| Cheeseburger               | \$5.50 |
| Chargrilled Chicken Burger | \$5.50 |

\* Occasional Food

## Snacks

- Snack box – crackers, cheese, tomato, cucumber and homemade dip \$4.50
- Custard & strawberries \$2.50
- Yoghurt & strawberries \$2.50
- Muesli & yoghurt \$2.50
- Buttered Roll \$1.50
- Frozen Choc Milk Cup \$1.50
- Frozen Fruit Juice Cup \$1.50
- Twisted Frozen Yogurt Cup \$2.50
  - Rice sticks \$1.20
  - Popcorn \$1.20

Fruit - Mixed fruit tub \$4.00

Others at market price

Apple, Orange, Pineapple tub, Watermelon tub, Rockmelon tub

## Salads - \$8.00

- Egg
- Chicken
- Pumpkin (cherry tomatoes, feta cheese, capsicum, shallots, roasted pumpkin & baby spinach)
- Tuna
- Ham

## Daily Specials - \$5.50

- Butter Chicken & Rice
- Chicken Stir Fry
- Spinach & Chicken Fettucine
- Ricotta & Spinach Agnolotti
- Zucchini Slice with side salad
- Veggie Bake
- Ravioli

## Drinks

- |                              |        |
|------------------------------|--------|
| - Water                      | \$2.00 |
| - Up & Go                    | \$2.80 |
| - Chocolate Milk Shake       | \$3.50 |
| - Soft drink cans (no sugar) | \$2.80 |
| - Poppers (100% juice)       | \$1.50 |