

# MONTROSE BAY HIGH SCHOOL CANTEEN MENU 2020



## BREAKFAST MENU

**ALL TOASTIES MADE WITH EXTRA THICK CUT BREAD**

### TOASTED SANDWICHES

HAM	3.60
HAM AND CHEESE	4.00
HAM, CHEESE & TOMATO	4.40
HAM, CHEESE & PINEAPPLE	4.40
CHEESE	3.40
CHEESE AND TOMATO	3.80
CHEESE AND VEGEMITE	3.60
CHEESE AND PINEAPPLE	3.80
CHICKEN	4.20
CHICKEN AND CHEESE	4.60
CHICKEN, CHEESE & TOMATO	4.80
CHICKEN, CHEESE & P/APPLE	4.80
THICK FRUIT TOAST X I	1.00
THICK TOAST & VEGEMITE X I	1.00

### ROLLS OR FOCOCCIAS (50C EXTRA)

BREAKFAST MUFFIN	4.80
BREAKFAST WRAP	4.80
HOMEMADE PIZZA SLICE	2.00
CHICKEN, CHEESE & MAYO	
FOLDOVERS	3.00
HAM AND CHEESE POCKETS	3.60
HAM, CHEESE & PINE POCKETS	3.80
HASH BROWNS	1.00
GARLIC BREAD	1.40
CHEESY GARLIC BREAD	2.00
HOT MILO	1.50
HOT CHOCOLATE	1.50

**All breakfast items available to order for recess and lunch**

## RECESS AND LUNCH

BREAKFAST ROLL/WRAP	4.80	CHICKEN BURGER	4.00
CHICKEN AND GRAVY ROLL	5.00	CHICKEN DELUXE BURGER	5.00
PORK AND GRAVY ROLL	5.00	HOT CHEESE ROLL	3.80
BEEF AND GRAVY ROLL	5.00	HOT HAM & CHEESE ROLL	4.40
		CHEESEBURGER	5.00
		CHICKEN, CHEESE & MAYO	5.40
		NOODLE CUPS	2.40
NATIONAL MEAT PIE	4.00	HOT & SPICY WYNGZ	1.00
NACHOS	5.00	GARLIC BREAD	1.40
POTATO ROASTIES MED	4.00	CHEESY GARLIC BREAD	2.00
		EXTRA LARGE DIM SIMS	1.00
		HOMEMADE SOUP	2.80
HOT DISH OF THE DAY MED	4.80	POTATO CAKES	1.00
		CHICKEN NUGGETS	3 FOR 2.00
		CHOCOLATE BARS	2.50
LOADED BAKED SPUD	6.00	CHOC CHIP BISCUITS	2.00
*VARIOUS SALAD ROLLS	5.80	POTATO CHIPS	2.00
ASSORTED SANDWICHES	4.80	RED ROCK DELI CHIPS	1.60
CHICKEN CAESAR SALAD	5.80	LOLLIE BAGS	1.00
CRUMBED CHICKEN WRAPS	5.80		

## ICE CREAMS AND DRINKS

QUELCH ICY FRUIT STICKS	80c	NIPPYS MILK	3.20
DIXIE CUP ICECREAMS	1.20	500ML CLASSICS	4.20
FROZEN YOGHURT	2.20	FARMERS UNION	3.20
		HARTZ 600ML WATER	1.00
		HARTZ INFUSED	
		FLAVOURS WATER 750ML	3.20

## HOT DISH MENU

**ONE CHOICE AVAILABLE WED/THU/FRI**

BOLOGNESE PASTA BAKE	SPAGHETTI BOLOGNESE
STIR FRY CHICKEN WITH NOODLES	BUTTER CHICKEN & STEAMED RICE
TUNA MORNAY WITH PASTA	POTATO BAKE
FRIED RICE	CHICKEN PENNE PASTA BAKE
LASAGNE	MAC AND CHEESE
SLOW COOKED BEEF AND MASH	SHEPHERDS PIE
MEXICAN BEEF WITH TACO SALAD	CHINESE BBQ PORK & RICE/NOODLES
SWEET & SOUR PORK & RICE/NOODLES	SATAY CHICKEN & RICE/NOODLES

## **SALAD VARIETIES**

\*ALL SALADS ARE AVAILABLE AS A PLATE, ROLL, WRAP, FOCACCIA OR SANDWICH  
WHITE OR WHOLEMEAL ROLLS

WHITE, WHOLEMEAL OR MULTIGRAIN BREAD

ALL SALADS CONTAIN LETTUCE, CHEESE, TOMATO, CAPSICUM, CUCUMBER, EGG, BEETROOT  
AND CHEESE

AVAILABLE MEAT OPTIONS ARE HAM, CHICKEN, ROAST BEEF, ROAST PORK, TUNA OR SALMON

WE CAN ADD OR REMOVE ANY INGREDIENTS TO YOU LIKING IF YOU ORDER IN ADVANCE

OTHER OPTIONS AVAILABLE TO ADD ARE AVOCADO, MUSHROOM, ONION

SEASONAL SALAD DISHES ARE ALSO AVAILABLE

COLESLAW, FRUIT SALAD, PASTA SALAD, ASIAN NOODLE SALAD

WHY NOT COME DOWN TODAY AND ORDER YOUR CUSTOMISED SALAD

**Prices subject to change**

