



...also available

- Vegetarian meals
 - Gluten free
 - Low GI foods
 - Lactose intolerant
 - Special requests
 - Daily/weekly orders
 - Staff / function catering
 - Orders taken by phone/
intercom
 - Eftpos available
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Beerwah
State High School

Canteen Menu 2015



Phone: 5494 0960
Intercom: 356

Rolls & Sandwiches

Multi-grain / white (toasted available)

Salad	3.50
Egg & Lettuce	4.00
Cheese & Salad	3.50
Cheese & Tomato	3.50
Chicken or Ham ONLY	3.50
Meat & Salad	4.00
Tuna / Salmon Salad	4.50

Wraps

Salad (no cheese)	3.50
Cheese & Salad	4.00
Meat & Salad	4.50

Focaccia Rolls

Cheese & Salad	4.50
Meat & Salad	4.50

Salad Boxes

Small	4.00
Large	4.50
Greek Salad (small)	4.00
Caesar Salad (small)	4.00

Extra: Cheese & Avocado	.50
All meats	1.00



from the DAIRY FRIDGE

Milk Plain	200 mls	1.00
	500 mls	2.00
	2 litres	4.00



BREAKAS	flavoured milks	
Poppers	250 mls	2.00
Small	300 mls	2.70
Large	500 mls	3.70

NIPPYS	Reduced fat flavoured milk	
	Iced coffee / choc / strawberry	3.70

Water		2.00
Pump Water		3.00
100% Juice		2.00
Fruit Juice Poppers		1.50
Iced Tea	500 mls	3.50
Jelly		1.00
Hot Drinks - Chocolate		3.00
Up and Go		2.00
SLUSHIE	cups (small)	2.00

Vegetarian

Vegetarian Hot Dog		3.50
Grilled Vege Burger....with onion/ garden salad		4.50
Falafel Burger/Wrap		4.50
Macaroni Cheese		3.50
Vege Nuggets / Cup		3.00
Fruit Salad Tubs		3.50
Sushi Packs		3.50

Salad combination as below depending upon availability...
lettuce, tomato, cucumber, carrot, capsicum, avocado, cheese, egg, red onion, beetroot

Hot Food...

Reduced fat 'Skinny' Pies	4.20
Reduced Fat Sausage Rolls	
Small	2.50
Large	3.50
Pasties / Potato Pies	4.50
Pizza Rounds	2.50
Ravioli / Lasagna	3.50
Homemade Pasta Bolognese	3.50
Hot Dogs	3.00
Hot Dogs (with cheese)	3.50
Oven Baked Potato Wedges	3.00
Chicken Chippee cup	2.50
Chicken Crackle cup	2.50
Pizza Slab	3.00
Satay Kebabs	3.00
BBQ Ribs	2.00

Burgers

Zinger Burger oven baked ... with salad/mayo	4.00
Chicken Chippee Rolls ... with BBQ sauce	4.00
Lean Bacon & Egg Roll ... with BBQ sauce	4.00
BBQ Rib Roll	4.00
Hamburger 97% reduced fat with salad / onion / BBQ sauce	4.50
Chicken Burger ... with salad/mayo	4.50
Steak Sandwich , toasted multi- grain with salad / onion / BBQ sauce	6.00