

PARRAMATTA HIGH SCHOOL - CANTEEN MENU 2011

BREAKFAST/SNACKS		SUPER SANDWICHES		SALAD BAR	
➤ The canteen will be open from 8.00am for breakfast and to receive all pre ordered lunch and recess items.		➤ All Standard sandwiches \$2.50 ➤ All Super sandwiches \$3.00 ➤ All Delux sandwiches \$3.50 ➤ Other varieties/combinations available on request		➤ To avoid disappointment and queues please pre order at breakfast ➤ All Fruit tubs \$3.00 ➤ All Salad Tubs \$4.00 & receive a FREE slurpy	
Cereal -Cornflakes/Nutra grain (G)	\$2.50	STANDARD SANDWICHES \$2.50		Fresh Fruit Salad (G)	\$3.00
Fresh Fruit Salad Tubs (G)	\$3.00	Ham (G)	\$2.50	Garden salad (G)	\$4.00
Fresh Yogurt (G)	\$2.00	Salmon (G)	\$2.50	Pasta Salad (G)	\$4.00
Up and Go (G)	\$3.00	Cheese (G)	\$2.50	Chicken Garden Salad (G)	\$4.00
Hash Browns – (Low fat) (A)	\$1.00	Cheese & Tomato (G)	\$2.50	Salmon Garden Salad (G)	\$4.00
Bacon Egg Rolls (A)	\$3.00	SUPER SANDWICHES \$3.00		Egg Garden Salad (G)	\$4.00
Toasted sandwiches (G)	\$2.50	Egg & Lettuce (G)	\$3.00	Chicken Caesar Salad (G)	\$4.00
Cheese Subs (G)	\$1.50	Chicken, Lettuce & mayo (G)	\$3.00	Caesar Salad (G)	\$4.00
Toast (2 slices) Jam/Vegemite (G)	\$1.20	Salmon, Lettuce & mayo (G)	\$3.00	DRINKS <i>As per guidelines</i>	
LUNCH HOT FOOD <i>As per guidelines</i>		Ham, Cheese & Tomato (G)	\$3.00		
		DELUX SANDWICHES \$3.50			
		Salad (G)	\$3.50	Water 600ml (G)	\$2.00
		Ham & Salad (G)	\$3.50	Pump Water 600ml (G)	\$3.00
		Salmon & Salad (G)	\$3.50	Juice Box 100% (G)	\$1.50
Chicken Breast Burger (G)	\$3.50	Chicken & Salad (G)	\$3.50	Juice Bottle 100% (G)	\$3.00
Fish Fillet Burger (G)	\$3.50			Cans – Zero Sugar (A)	\$2.00
Char Grilled Beef Burger (A)	\$3.50	Vegemite/Jam (G)	\$1.80	Play Sports Water (A)	\$3.50
Chicken Tender (A)	\$2.00	All extra salad/condiments	\$0.20	Vitamin Water (A)	\$3.50
Chicken Tender Wrap (G)	\$3.50	Bread & Butter	\$0.80	Flavoured Milk Small (G)	\$2.50
Chilli Chicken Wrap (G)	\$3.50	COLD WRAPS		Flavoured Milk Large (G)	\$3.50
Garlic Bread (A)	\$1.50			Egg & lettuce (G)	\$4.00
Hot Dog & Sauce (low fat) (A)	\$2.50	Chicken, Lettuce & mayo (G)	\$4.00	Hot chocolate (A)	\$2.00
Hot Dog & Cheese (low fat) (A)	\$2.75	Chicken & Salad (G)	\$4.00	Fresh milkshakes - (G)	\$3.00
Pie (low fat) (A)	\$3.00	Chilli Chicken, & salad (G)	\$4.00	Strawberry Chocolate	
Sausage Roll (low fat) (A)	\$2.70	Chicken Caesar (G)	\$4.00	Iced Tea (A)	\$3.50
Cheese & Spinach Roll (A)	\$3.50	Ham & Salad (G)	\$4.00	Small Plain Milk (G)	\$1.00
Fresh Assorted Pizza (G)	\$3.50	Salad (G)	\$4.00	Hot Chocolate (G)	\$2.00
HOT DISHES <i>See Specials Board for Daily Special</i>		Salmon & Salad (G)	\$4.00	FROZEN TREATS <i>As per guidelines</i>	
		ALL HALF WRAPS (G)	\$2.50		
Fresh Assorted Pasta (G)	\$4.00	OPEN ROLLS			
Fried Rice (G)	\$4.00			Salad (G)	\$4.00
Lasagna (G)	\$4.00	Cheese & Salad (G)	\$4.00	Paddle Pops (A)	RRP
Hokkien noodles (G)	\$4.00	Egg & lettuce (G)	\$4.00	Frozen Juice cups (G)	\$1.50
Potato Wedges (G)	\$3.00	Chicken, Lettuce & Mayo (G)	\$4.00	SNACKS <i>As per guidelines</i>	
Potato Bake (G)	\$4.00	Chicken & Salad (G)	\$4.00		
DELUX BURGERS <i>All deluxe burgers come with Lettuce, Tomato, Cheese & Sauce. Pre orders only.</i>		Ham & Salad (G)	\$4.00	Jelly Cups (A)	\$1.00
		Char Grilled Beef Burger (G)	\$3.80	Ham & Salad (G)	\$4.00
Chicken Breast Burger (G)	\$3.80	Ham, Cheese & tomato (G)	\$4.00	Eucalyptus drops (A)	\$2.00
Fish Fillet Burger (G)	\$3.80	Salmon & Salad (G)	\$4.00	Chips (A)	\$2.00
Oz Beef Burger & Egg (G)	\$3.80			Cookies (A)	\$3.00
Beef & Bacon Burger (G)	\$3.80			Muffins (Low fat) (A)	\$3.00
Chicken Bacon Burger (G)	\$3.80			Fruit From (G)	\$0.50

AS PER GUIDELINES: GREEN (G) / AMBER (A)