



# HSPA Canteen Order Menu

Term 1, 2023

## COLD FOOD

<b>Sandwiches</b>	Egg & Lettuce	4.00	#	
	Chicken, Lettuce & Mayo	4.50	#	
	Vegemite & Cheese	3.50	#	
	Untoasted or Toasted	Cheese & Tomato	3.50	#
	# GF available	Ham & Cheese	3.50	#
		Ham, Cheese & Tomato	3.50	#
Ham, Cheese & Pineapple		3.50	#	
<b>Wraps</b>		<b>Half</b>	<b>Whole</b>	
	Salad with beetroot & cheese	4.00	7.00	#
	Chicken Caesar with egg	4.50	8.00	#
	Gourmet Falafel	5.00	9.00	V, #
	Ham Salad & Mayo	4.50	8.00	#
	Tuna Salad & Mayo	4.50	8.00	#
<b>Salad Tubs</b>	Super Salad	5.50	GF	
	Chicken Salad	6.50	GF	
	Egg Salad	6.50	GF	
	Chicken Caesar Salad	6.50	GF	
<b>Crunchy Rolls</b> White, wholemeal or multigrain	Salad Lettuce, Tomato, Carrot, Cucumber & Cheese	5.00		
	Super Salad Salad, Beetroot & Onion	5.50		
	Ham Salad	6.00		
	Chicken Salad Chicken & Salad	6.00		
<b>Wellness Bowls</b>	Roasted Sweet Potato & Onion, Avocado, Sesame Seeds, Mixed Salad Leaves, Carrot, Tomato, Beetroot, Cucumber, Corn & Beans Mix, Hommus, Sweet Chilli Sauce, Brown Rice & Quinoa Options: <b>Vegan</b> with Capsicum or Falafel, <b>Vegetarian</b> with Grated Cheese or Egg, <b>Chicken</b> and <b>Tuna &amp; Mayo</b>	10.00	GF	

## SNACKS

Carrot Sticks / Dip tub	Hommus or Salsa	0.80	V, GF	
Cheese / Crackers	Water Crackers or GF Rice Crackers	0.80	GF	
Chocolate Mousse	with spoon	1.20	GF	
Custard	with spoon	1.20		
Fruit Tub	Watermelon	Small 3.00	Large 4.00	V, GF
Muffin	Chocolate or Apple & Cinnamon	2.50		
Popcorn / Harvest Snaps	Baked Peas Crisps	1.20		
Sea Salt Chips / Grain Waves	Sour cream & chives	1.40	V, GF	
Seasonal Fruit	Apple or Banana	1.20	V, GF	
Vegemite & Cheese Scroll		3.00		
Yoghurt	2.00	with Muesli or Blueberries	2.50	#

## DRINKS

Flavoured Milk (Large)	500ml	Chocolate, Caramel Latte, Coffee, Strawberry	4.00	H
Flavoured Milk (Small)	300ml	Chocolate, Strawberry	2.50	
Glee		Rockin Raspberry, Tropical Treat, Bubblegum Grape, Blackcurrant Burst	3.00	
Juice Bomb	250ml	Grape, Vanilla Lime, Apple Raspberry, Watermelon, Orange Passio	3.00	
Juice Poppers		Apple, Orange, Tropical, Apple & Blackcurrant, Paradise Punch, Orange & Mango	1.50	
Kombucha		Mango, Wild Berry, Lemon & Lime, Blueberry, Pomegranate Apple, Turmeric & Pear	3.50	H
Pineapple Juice Can			2.00	
Plain Milk	300ml	1.70	500ml	2.50
Sipahh Straw		Choc Mint, Honeycomb, Caramel, Marshmallow, Chocolate, Strawberry, White Choc, Chai	0.80	V, GF
Soy Milk / Almond Milk			2.50	V, GF
Sparkling Water			2.50	
Spring Water	600ml	2.00	1 litre	2.50
Up & Go		Chocolate, Vanilla, Strawberry, Banana, Dairy Free Choc or Vanilla	2.50	V

## HOT FOOD

Cheeseburger	with Cheese, Tomato Sauce & choose Beef or Veggie Pattie	5.00		
Cheesy Grilled Sub	Garlic butter or BBQ sauce	1.50		
Chicken & Gravy Roll		5.50		
Chicken Chippies	4 pack	2.50		
Chicken Nuggets (Gluten Free)	3 pack	2.00	GF	
Chicken Tender		1.50		
Chicken Tender (Gluten Free)		2.00	GF	
Chicken Tender Wrap	Plain Tenders, Lettuce & Mayo	5.50	#	
Chilli Chicken Wrap or Roll	with Lettuce & Mayo	5.50		
Deluxe Meatball Sub	with Napoli Sauce, Baby Spinach & Cheese	5.50		
Falafel Sub	Lettuce, Tomato, Beetroot & Hommus	5.50	V	
Flame grilled Chicken Sub	with Lettuce & Mayo	5.50		
Hamburger	with Salad & Tomato or BBQ sauce	6.00		
Hot Cheese Roll / Cheese & Garlic Roll		2.00		
Loaded Baked Potato	Mexican, Bolognese, Hawaiian, Veggie Mex or Vegan including fork	6.70	GF, V	
Meatball Pasta & Cheese	with fork	5.70		
Meatball Sub	with Cheese & BBQ or Tomato Sauce	5.00		
Mexican	Fajita #	Mex Chicken, Capsicum, Corn, Onion, Lettuce, Aioli on a Tortilla	6.00	Tues only
	Bowl (GF)	Brown rice, Quinoa, Salsa, Sour cream & Avocado	Bean & Veggie (Vegan option)	7.50
			Chicken	7.50
		Beef & Bean Burrito	Salsa, Lean mince, Cheese, Lettuce, Tomato on a Tortilla	6.00
Mini Garlic Roll		1.00		
Pizza Bread	Hawaiian or Margherita	2.50		
Potato Wedges		2.00	V	
Sausage Roll		3.50		
Spinach & Ricotta Roll / Meat Pie		4.50		
Toasted Wraps	Ham & Cheese	3.50	#	
	Chicken & Cheese	with BBQ sauce	3.50	#
	Hawaiian Ham, Pineapple & Cheese		3.50	#
	Tomato & Cheese		3.50	#
Triple C Wrap	Toasted Chilli Chicken & Cheese	5.00		
Turkish Melts	Ham	With Cheese & Baby Spinach	3.50	#
	Chicken	With Sweet Chilli Sauce, Cheese, & Baby Spinach	3.50	#
	Tomato	With Cheese & Baby Spinach	3.50	#
Veggie Pasta	with Cheese or Vegan (no cheese) includes fork	3.70	V	
Veggie Salad Burger	Veggie Pattie, Mayo, Cheese & Salad	6.00	V	

## FROZEN TREATS

Frozen Fruit Tub	Diced Watermelon, Mango, Pineapple	1.50	V, GF
Frozen Juice Cups	Apple, Orange, Apple & Blackcurrant including spoon	1.20	V, GF
Frozen Yoghurt	Mango & Watermelon, Chocolate & Vanilla, Strawberry & Vanilla Bean including spoon	2.70	GF
Juicies Tube	Lemonade, Orange, Tropical, Wild Berry	2.00	V, GF
Paddle Pop	Rainbow, Chocolate	2.50	
Vanilla Ice cream Cup	with spoon	2.20	GF

## EXTRAS

Wooden Cutlery	Fork or Teaspoon	0.20
Squeeze-on Sauce	Tomato, BBQ or Sweet Chilli	0.40
Avocado Additional		1.50
Gluten Free Bread option		1.50
Each Additional Salad Item		0.50
Add Sauce	Mayo or Sriracha Chilli Sauce	0.50

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GF= Gluten Free, #=GF Option, V= Vegan option, H = High School only