



# HSPA Canteen Order Menu

Term 3, 2022

## COLD FOOD

<b>Sandwiches</b> Untoasted or Toasted # GF available	Egg & Lettuce	4.00	#
	Chicken, Lettuce & Mayo	4.50	#
	Cheese	3.00	#
	Cheese & Tomato	3.50	#
	Ham & Cheese	3.50	#
	Ham, Cheese & Tomato	3.50	#
	Ham, Cheese & Pineapple	3.50	#
<b>Wraps</b> # GF available	Super Salad	6.00	#
	Chicken Caesar now with boiled egg	7.00	#
	Ham Salad & Mayo	6.50	#
	Tuna Salad & Mayo	7.00	#
<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 <i>Options: Vegan with Capsicum, Vegetarian with Grated Cheese or Roasted Chicken</i>	9.50	GF

## SNACKS

Piece of Fruit Apple, Banana, Pear	1.00	V,GF
Carrot Sticks / Dip tub Hommus or Salsa	0.80	V,GF
Cheese & Crackers Water Crackers or GF Rice Crackers	1.50	GF
Yoghurt 1.50 with Muesli or Blueberries	2.00	#
Popcorn / Harvest Snaps Baked Peas Crisps	1.20	
Mousse / Custard with spoon	1.20	GF
Muffin Chocolate or Apple & Cinnamon	2.50	
Sea Salt Chips / Grain Waves Sour cream & chives	1.40	V,GF

## DRINKS

Sipahh Straw Choc Mint, Honeycomb, Cookies & Cream, Marshmallow, White Choc, Caramel, Strawberry, Chocolate	0.80	V
Plain Milk 300ml 1.70 500ml 2.50		
Small Flavoured Milk 300ml Chocolate, Strawberry	2.50	
Large Flavoured Milk 500ml Chocolate, Caramel Latte, Coffee, Strawberry	4.00	H
Soy or Almond Milk	2.50	
Up & Go Chocolate, Vanilla, Strawberry, Banana, Dairy Free Choc or Vanilla	2.50	
Poppers Apple, Orange, Tropical, Apple Blackcurrant	1.50	
Pineapple Juice Can	2.00	
Sparkling Water 500ml	2.60	
Spring Water 600ml 1.90 1 litre 2.50		
Kombucha Mango, Wild Berry, Lemon & Lime, Blueberry, Pomegranate Apple	3.50	H

## EXTRAS

Wooden Cutlery Fork or Teaspoon	0.20
Avocado Additional	1.50
Gluten Free Wrap, Bread, Roll, Turkish extra	1.50
Each Additional Salad Item	0.50
Squeeze-on Sauce Tomato, BBQ or Sweet Chilli	0.30
Add Sauce Hommus, Mayo, Sriracha Chilli Sauce	0.50

## HOT FOOD

Mini Garlic Roll	1.00													
Cheesy Grilled Sub Garlic butter or BBQ sauce	1.50													
Pizza Bread Hawaiian or Margherita	2.50													
Cheese & Garlic Roll or Hot Cheese Roll	2.00													
Veggie Pasta with fork Cheese or Vegan	3.70	V												
Falafel Sub or Wrap Lettuce, Tomato, Beetroot & Hommus	5.50	V#												
Chicken Chipees (4 pack)	2.50	#												
Sausage Roll	3.00													
Spinach & Ricotta Roll	4.00													
Meat Pie	4.00													
Potato Wedges	2.00	V												
Turkish Melts # GF available	<table border="1"> <tr> <td>Tomato Cheese, Baby Spinach</td> <td>3.50</td> <td>#</td> </tr> <tr> <td>Ham Cheese, Baby Spinach</td> <td>3.50</td> <td>#</td> </tr> <tr> <td>Chicken Sweet Chilli Sauce, Cheese, Baby Spinach</td> <td>3.50</td> <td>#</td> </tr> </table>	Tomato Cheese, Baby Spinach	3.50	#	Ham Cheese, Baby Spinach	3.50	#	Chicken Sweet Chilli Sauce, Cheese, Baby Spinach	3.50	#				
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Chicken Sweet Chilli Sauce, Cheese, Baby Spinach	3.50	#												
Chilli Chicken Wrap with Lettuce & Mayo	5.50													
Chilli Chicken Roll with Mayo	5.00													
Hamburger with Salad & Tomato or BBQ sauce	5.50													
Beef Burrito Salsa, Lean mince, Cheese, Lettuce, Tomato on a Tortilla	5.50	#												
Fajita Mexican Chicken, Capsicum, Corn, Onion, Lettuce, Aioli on a Tortilla	5.50													
Mexican Bowls (GF) Brown rice, Quinoa, Salsa, Sour cream & Avocado	<table border="1"> <tr> <td>Fajita chicken &amp; vegetable mix</td> <td>7.00</td> <td>Tues only</td> </tr> <tr> <td>Bean &amp; vegetable mix</td> <td>7.00</td> <td></td> </tr> </table>	Fajita chicken & vegetable mix	7.00	Tues only	Bean & vegetable mix	7.00								
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Chicken Tender Wrap Plain Tenders, Lettuce & Mayo	5.50	#												
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Hawaiian Ham, Pineapple & Cheese	3.50	#												
Spaghetti Bolognese Beef	5.50	Wed only												
Triple C Wrap Chilli Chicken & Cheese Toasted	5.00													
Flame grilled Chicken Sub with Lettuce & Mayo	5.50													
Vegetarian Burger with Lettuce & Mayo	5.00													
Plain Chicken Tender	1.60													
Gluten Free Chicken Nuggets (3 pack)	2.00	GF												
Loaded Potato Mexican, Bolognese, Hawaiian, Vegetarian, Vegan with fork	6.20	GF, V												
Meatball Pasta Cheese with fork	5.70													
Meatball Sub with Cheese & BBQ Sauce	5.00													
Deluxe Meatball Sub with Napoli Sauce, Baby Spinach & Cheese	5.50													
Chicken & Gravy Roll	5.50													
Fried Rice Traditional, Vegetarian	5.50	M only												
Butter Chicken	5.50	Th only												
Pumpkin Soup Reg 3.00 Large 4.00		GF												
<b>FROZEN TREATS</b>														
Frozen Juice Cups Apple, Orange, Pineapple, Apple & Blackcurrant, Pineapple with spoon	1.20	V, GF												
Frozen Fruit Diced Mango or Pineapple	1.50	V,GF												
Frozen Watermelon Small 2.50 Large 3.00		V, GF												
Juicies Tube Lemonade, Orange, Tropical, Wild Berry	2.00	V, GF												
Vanilla Ice cream Tub with spoon	2.20	GF												
Paddle Pop Rainbow, Chocolate	2.50													
Twisted Frozen Yoghurt with spoon Mango & Watermelon, Chocolate & Vanilla	2.70	GF												

All orders for recess & lunch close @ 9am  
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GF= Gluten Free, #=GF Option, V= Vegan option,  
H = High School only