



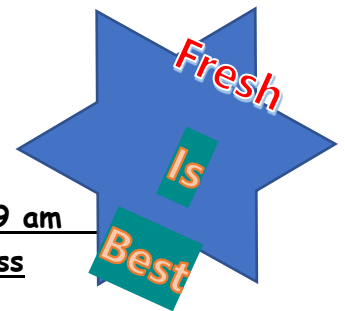
MACINTYRE HIGH SCHOOL CANTEEN MENU 2021

VOLUNTEERS WELCOME. PH 67 22 1555

Recess: May order special request: place order before 9 am

Lunch: May order special request: Place order @ recess

Special Days: Special menu days will be on the board



<p>Sandwiches, Wraps & Rolls</p> <p>EXTRA- Rolls .50c Wraps \$1.00 Turkish Bread \$1.00 TOASTED- .30c</p> <p>Specialty Turkish Bread</p>	<p><u>White</u> Other combinations at request.</p> <p>Egg \$3.00 Ham/cheese/pickles \$3.50 Egg/lettuce/mayo \$4.00 Ham/cheese/tomato \$4.00 Salad only \$5.00 Salad with Ham or Chicken or Tuna or Roast Beef \$5.50 Chicken/lettuce/myo \$4.00</p>	<p><u>TOASTED SANDWICHES</u></p> <p>Chicken/cheese bbq s S/W \$4.00 Ham/cheese/tomato S/W \$4.00 Ham/cheese S/W \$3.50 Chicken/cheese/bbq s TB \$5.00 Ham/cheese/tomato TB \$5.00 Ham/cheese TB \$4.50 Chk/ch/avo TB \$5.50</p>
<p>Salad Tubs</p>	<p>Lettuce, cucumber, tomato, cheese, carrot, beetroot, 1/2 egg \$5.00 With Chicken/ Ham or Tuna or Roast Beef \$6.00 extra- Avocado .50c</p>	<p><u>Salad Dressing</u> French / mayo or honey mustard mayo .50c <u>Sauce Sachet</u>- tomato, BBQ, sweet chilli, sweet n sour .50c</p>
<p>Hot Food</p> <p>Listed on special board daily what is available on the day</p> <p>Gluten Free & Dairy Free Foods are available</p> <p>Special Hot Food in cooler weather</p>	<p><u>Chicken Burger</u> \$6.00 lettuce/tomato/cheese/myo</p> <p><u>Hot Wrap</u>/chicken/chi/ chilli sauce \$6.00</p> <p><u>Quiche</u> \$4.00</p>	<p><u>Pie</u> low fat \$4.00 <u>Sausage Roll</u> \$3.50 <u>Chicken Nuggets x 5</u> \$3.00</p> <p><u>Hot Dogs</u> full <u>Pizza</u> ham/pine/cheese \$4.00 <u>Mini Wraps</u> \$4.00 Chicken tenders/cheese/BBQ or chilli sauce \$3.00</p>
<p>Snacks</p> <p>Fruit</p>	<p><u>Fruit</u>- Apple/Banana/Orange when Available: \$1.00 Watermelon/rockmelon cups \$3.00 Fresh Yoghurt/fruit \$3.00</p>	<p><u>Icy poles</u> assorted \$1.00 To \$3.00 Frozen Yoghurt \$2.80</p>
<p>WATER</p> <p>MILK</p> <p>JUICE</p> <p>All drinks are sugar free</p>	<p>Frantelle 600ml \$2.00 Cool Ridge Plain 750ml \$3.60 Cool Ridge Flavoured 750ml \$4.00 Gatorade low sugar 600ml \$4.60 Mineral water sparkling 375ml \$3.00 Lipton Iced Tea mango/peach 500ml \$3.60 Daily Juice orange 500ml \$3.60 Mildura Juice 500ml orange/mango \$3.60 Orange/pass \$3.60</p>	<p><u>Milk</u></p> <p><u>Milk Plain 1Ltr</u> \$3.60 <u>Milk Plain 500ml</u> \$2.60 Flavoured milk 500ml Coffee/Chocolate/Strawberry \$4.00 Flavoured milk 250ml Chocolate/Strawberry \$2.60</p>

Lunch Orders: Please have orders in by Recess, making sure that your name and class is written clearly on a paper lunch bag and money is secure ***No reheating of food items from home thank-you!**

Containers for food tech 50c each Cutlery / Cups etc are supplied with the foods, extra @ a price of 10c each.