



PENNANT HILLS HIGH SCHOOL CANTEEN SUMMER MENU 2023

SANDWICHES (Toasted extra .50c)		TOASTED FOCACCIA	
Vegemite	\$2.50	Ham, Cheese, Tomato	\$7.00
Cheese	\$3.50	Chicken, Cheese, Tomato	\$7.00
Egg / Curried Egg	\$4.50	Ham, Cheese	\$6.50
Ham and Tomato	\$5.00	Cheese and Tomato	\$6.00
Ham and Cheese	\$5.00	Cheese Only	\$5.50
Ham, Cheese and Tomato	\$5.50		
Chicken	\$5.00		
Chicken and Avocado	\$5.50	PENNO BEEF BURGER	\$7.50
Chicken, Lettuce and Mayo	\$5.50	<i>Beef Pattie, Lettuce, Tomato, Cheese,</i>	
Salad	\$5.00	<i>Beetroot, Pineapple, Sauce</i>	
Cheese and Salad	\$5.50		
		CHEESE BURGER	\$6.00
WRAPS		<i>Beef Pattie, Cheese, Sauce</i>	
Chicken Caesar	\$7.00		
<i>Tenders, Lettuce, Diced Ham, Caesar Sauce</i>		CHICKEN BURGER	
Sweet Chilli Chicken Wrap	\$7.00	Chicken Burger	\$6.00
<i>Sweet Chilli Tenders, Lettuce, Tomato</i>		Chicken Burger with Cheese	\$6.50
<i>& Sweet Chilli Sauce</i>		Chilli Chicken Burger	\$6.00
Salad	\$6.00	Chilli Chicken Burger with Cheese	\$6.50
Ham or chicken extra choice	\$1.00		
		GLUTEN FREE	
TUESDAY		Salad Plate (GF)	\$6.00
Butter Chicken and Rice (GF)	\$7.00	<i>Lettuce, Carrot, Cucumber, Beetroot,</i>	
		<i>Tomato</i>	
FRIDAY		<i>Chicken, Ham, Egg, Avocado each</i>	\$1.00
Pasta Bolognese	\$5.50	Chicken Pesto Pasta Salad	\$5.50
Sushi available Fridays (only via QKR! App)	\$4.00	Wraps (GF)	\$7.00
		Choice of Cheese, Egg, Ham or Chicken	
DAILY ROLLS (COLD)		With Tomato, Lettuce, Carrot, Cucumber	
Ham, Cheese and Tomato	\$6.00	Chicken Noodles (GF)	\$3.50
Chicken and Avocado	\$6.00	Sushi and Chicken may contain traces of gluten	
Chicken, Lettuce and Mayo	\$6.00	<i>Note: Although labelled GF some ingredients may be prepared on equipment where gluten products have been handled.</i>	
DAILY (HOT)		DRINKS	
Garlic Bread	\$2.00	Aloe Juice	\$3.20
Macaroni Cheese	\$5.50	Plain Milk 500ml	\$2.00
Lasagne	\$5.50	Oak Chocolate / Strawberry 300ml	\$2.80
Ravioli	\$5.50	Cookies & Cream / Choc Malt 425ml	\$3.80
Beef Pie	\$5.00	Iced Coffee 500ml	\$3.80
Sausage Roll	\$4.50	Apple / Orange Juice 250ml	\$2.50
Cheese and Spinach Roll	\$4.50	Water 600ml	\$2.50
Chicken / Beef Noodles	\$3.00	Sparkling Mineral Water	\$3.00
		Waterford Mineral Water 2 Flavours	\$3.00
PIZZA		Juice Bombs 2 Flavours 250ml	\$2.50
BBQ Chicken Pizza	\$6.00		
Ham and Cheese Pizza	\$5.50	OTHER	
Ham and Pineapple Pizza	\$6.00	Custard	\$2.20
Margherita Pizza	\$5.00	Muffins (Berry / Chocolate)	\$3.00
		Chocolate Mousse 150ml	\$2.20
		Fresh Fruit Pieces (GF)	\$1.00
		Juice Cups (GF)	\$1.00
Spoons / Forks	\$0.10	Cheese 'n Crackers	\$2.20
Sauce Portions	\$0.30	Red Rock Plain Chips 28g	\$1.50
		Twisted Yoghurt 2 Flavours	\$2.50
		Quelch Sticks (GF)	\$0.50