



PENNANT HILLS HIGH SCHOOL CANTEEN WINTER MENU 2022

SANDWICHES (Toasted extra .50c)		TOASTED FOCACCIA	
Vegemite	\$2.50	Ham, Cheese, Tomato	\$6.50
Cheese	\$3.50	Chicken, Cheese, Tomato	\$6.50
Egg / Curried Egg	\$4.50	Ham, Cheese	\$6.00
Ham and Tomato	\$5.00	Cheese and Tomato	\$5.00
Ham and Cheese	\$5.00	Cheese Only	\$4.50
Ham, Cheese and Tomato	\$5.50		
Chicken	\$5.00	PENNO BEEF BURGER	\$7.00
Chicken and Avocado	\$5.50	<i>Beef Pattie, Lettuce, Tomato, Cheese,</i>	
Chicken, Lettuce and Mayo	\$5.50	<i>Beetroot, Pineapple, Sauce</i>	
Salad	\$5.00		
Cheese and Salad	\$5.50	CHEESE BURGER	\$6.00
		<i>Beef Pattie, Cheese, Sauce</i>	
MONDAY			
Pasta Bolognese	\$5.50	CHICKEN BURGER	
		Chicken Burger	\$5.50
TUESDAY		Chicken Burger with Cheese	\$6.00
Butter Chicken and Rice (GF)	\$6.50	Chilli Chicken Burger	\$5.50
		Chilli Chicken Burger with Cheese	\$6.00
WEDNESDAY			
Spaghetti Bolognese	\$5.50	GLUTEN FREE	
		Salad Plate (GF)	\$6.00
THURSDAY		<i>Lettuce, Carrot, Cucumber, Beetroot,</i>	
SPORT – NO MAIN MEAL		<i>Tomato</i>	
		<i>Chicken, Ham, Egg, Avocado each</i>	\$1.00
FRIDAY		Wraps (GF)	\$7.00
Pasta Bolognese	\$5.50	Choice of Cheese, Egg, Ham	
Sushi available Fridays (only via Qkr! app)	\$3.90	or Chicken	
		<i>with Tomato, Lettuce, Carrot, Cucumber</i>	
DAILY ROLLS (COLD)		Chicken Noodles (GF)	\$3.50
Ham, Cheese and Tomato	\$6.00	Sushi and Chicken may contain traces of gluten	
Chicken and Avocado	\$6.00	<i>Note: Although labelled GF some ingredients may be prepared on equipment where gluten products have been handled</i>	
Chicken, Lettuce and Mayo	\$6.00		
		DRINKS	
DAILY (HOT)		Plain Milk 300ml	\$1.50
Garlic Bread \$2.00		Plain Milk 500ml	\$2.00
Macaroni Cheese	\$5.50	Oak Chocolate / Strawberry 300ml	\$2.70
Lasagne	\$5.50	Oak Chocolate / Strawberry 500ml	\$3.70
Ravioli	\$5.50	Cookies & Cream / Choc Malt 425ml	\$3.70
Sweet Chilli Chicken Wrap	\$6.00	Iced Coffee 500ml	\$3.70
Beef Pie	\$4.50	Apple / Orange Juice 250ml	\$2.50
Sausage Roll	\$4.00	Water 600ml	\$2.50
Cheese and Spinach Roll	\$4.50	Sparkling Mineral Water	\$3.00
Chicken / Beef Noodles	\$3.00	Waterford Mineral Water 2 Flavours	\$3.00
		Juice Bombs 2 Flavours 250ml	\$2.50
PIZZA			
BBQ Chicken Pizza	\$6.00	OTHER	
Ham and Pineapple Pizza	\$6.00	Custard	\$1.70
Ham and Cheese Pizza	\$5.50	Muffins (Berry / Chocolate)	\$2.50
Margherita Pizza	\$5.00	Chocolate Mousse 150ml	\$2.20
		Fresh Fruit Pieces (GF)	\$1.00
		Juice Cups (GF)	\$0.80
		Cheese 'n Crackers	\$2.20
Spoons / Forks	\$0.10	Red Rock Plain Chips 28g	\$1.50
Sauce Portions	\$0.30	Twisted Yoghurt 2 Flavours	\$2.50
		Quelch Sticks (GF)	\$0.50