

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	Beef Pattie, Lettuce, Tomato, Cheese,	
Chicken, Lettuce and Mayo	\$5.50	Beetroot, Pineapple, Sauce	
Salad	\$5.00		
Cheese and Salad	\$5.50	CHEESE BURGER	\$6.00
		Beef Pattie, Cheese, Sauce	
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
Butter Chicken and Nice (GF)	φ0.50	Chilli Chicken Burger with Cheese	\$6.00
WEDNESDAY		Crimi Crickeri Burger with Cricese	ψ0.00
	\$5.50	OLUTEN EDEE	
Spaghetti Bolognese	φο.ου	GLUTEN FREE	
		Salad Plate (GF)	\$6.00
THURSDAY		Lettuce, Carrot, Cucumber, Beetroot,	
SPORT – NO MAIN MEAL		Tomato	
		Chicken, Ham, Egg, Avocado each	\$1.00
FRIDAY		Wraps (GF)	\$7.00
Pasta Bolognese	\$5.50	Choice of Cheese, Egg, Ham	
Sushi available Fridays (only via Qkr! app	o) \$3.90	or Chicken	
		with Tomato, Lettuce, Carrot, Cucumbe	or l
DAILY ROLLS (COLD)		Chicken Noodles (GF)	\$3.50
Ham, Cheese and Tomato	\$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac	\$3.50 es of gluten
	\$6.00 \$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may	\$3.50 es of gluten by be prepared on
Ham, Cheese and Tomato Chicken and Avocado	\$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac	\$3.50 es of gluten by be prepared on
Ham, Cheese and Tomato	•	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been har	\$3.50 es of gluten by be prepared on
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo	\$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been har DRINKS	\$3.50 es of gluten by be prepared on andled
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT)	\$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been har DRINKS Plain Milk 300ml	\$3.50 es of gluten by be prepared on added \$1.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00	\$6.00 \$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been har DRINKS Plain Milk 300ml Plain Milk 500ml	\$3.50 es of gluten by be prepared on andled \$1.50 \$2.00
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese	\$6.00 \$6.00 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients ma equipment where gluten products have been har DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne	\$6.00 \$6.00 \$5.50 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been har DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Oak Chocolate / Strawberry 500ml	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been hare DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Oak Chocolate / Strawberry 500ml Cookies & Cream / Choc Malt 425ml	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been had a products have been had been made of the products have been had	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$3.70
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been han a product to have been han a pro	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients ma equipment where gluten products have been har DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Oak Chocolate / Strawberry 500ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$3.70
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been han a supplement with the supplement where supplement wh	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been hare DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Oak Chocolate / Strawberry 500ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$3.00
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been han a supplement with the supplement where supplement wh	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been han a supplement with the suppleme	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$3.00
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been han equipment with the products have been han equipment has a product have been han equipment has a product had been ha	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$2.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been hare DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Oak Chocolate / Strawberry 500ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours Juice Bombs 2 Flavours 250ml OTHER Custard	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$2.50 \$3.00 \$2.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza Ham and Cheese Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been hare DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours Juice Bombs 2 Flavours 250ml OTHER Custard Muffins (Berry / Chocolate)	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$2.50 \$2.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$6.00	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been hare DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours Juice Bombs 2 Flavours 250ml OTHER Custard Muffins (Berry / Chocolate) Chocolate Mousse 150ml	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$2.50 \$2.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza Ham and Cheese Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients maequipment where gluten products have been har DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours Juice Bombs 2 Flavours 250ml OTHER Custard Muffins (Berry / Chocolate) Chocolate Mousse 150ml Fresh Fruit Pieces (GF)	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$2.50 \$2.50 \$1.70 \$2.50 \$1.70 \$2.50 \$1.70 \$2.50 \$1.70 \$2.50 \$1.70
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza Ham and Cheese Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients may equipment where gluten products have been han equipment with a sound products have been han equipment where gluten products have been han equipment with a sound products have been han equipment with a sound products have been han equipment where gluten products have been han equipment have been	\$3.50 es of gluten by be prepared on added \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$2.50 \$2.50 \$1.70 \$2.50 \$1.70 \$2.50 \$2.80 \$2.80 \$2.80 \$2.80 \$2.80 \$3.80
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza Ham and Cheese Pizza Margherita Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$5.50 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients maequipment where gluten products have been hare DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours Juice Bombs 2 Flavours 250ml OTHER Custard Muffins (Berry / Chocolate) Chocolate Mousse 150ml Fresh Fruit Pieces (GF) Juice Cups (GF) Cheese 'n Crackers	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$1.70 \$2.50 \$1.70 \$2.50 \$2.20 \$1.00 \$0.80 \$2.20
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza Ham and Cheese Pizza Margherita Pizza Spoons / Forks	\$6.00 \$6.00 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$5.50 \$5.50 \$5.50 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients maequipment where gluten products have been har DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours Juice Bombs 2 Flavours 250ml OTHER Custard Muffins (Berry / Chocolate) Chocolate Mousse 150ml Fresh Fruit Pieces (GF) Juice Cups (GF) Cheese 'n Crackers Red Rock Plain Chips 28g	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$1.70 \$2.50 \$1.70 \$2.50 \$1.70 \$2.20 \$1.00 \$0.80 \$2.20 \$1.50
Ham, Cheese and Tomato Chicken and Avocado Chicken, Lettuce and Mayo DAILY (HOT) Garlic Bread \$2.00 Macaroni Cheese Lasagne Ravioli Sweet Chilli Chicken Wrap Beef Pie Sausage Roll Cheese and Spinach Roll Chicken / Beef Noodles PIZZA BBQ Chicken Pizza Ham and Pineapple Pizza Ham and Cheese Pizza Margherita Pizza	\$6.00 \$6.00 \$5.50 \$5.50 \$5.50 \$6.00 \$4.50 \$4.50 \$3.00 \$6.00 \$5.50 \$5.50	Chicken Noodles (GF) Sushi and Chicken may contain trac Note: Although labelled GF some ingredients maequipment where gluten products have been hare DRINKS Plain Milk 300ml Plain Milk 500ml Oak Chocolate / Strawberry 300ml Cookies & Cream / Choc Malt 425ml Iced Coffee 500ml Apple / Orange Juice 250ml Water 600ml Sparkling Mineral Water \$3.00 Waterford Mineral Water 2 Flavours Juice Bombs 2 Flavours 250ml OTHER Custard Muffins (Berry / Chocolate) Chocolate Mousse 150ml Fresh Fruit Pieces (GF) Juice Cups (GF) Cheese 'n Crackers	\$3.50 es of gluten by be prepared on adled \$1.50 \$2.00 \$2.70 \$3.70 \$3.70 \$3.70 \$2.50 \$2.50 \$1.70 \$2.50 \$1.70 \$2.50 \$2.20 \$1.00 \$0.80 \$2.20