



PENNANT HILLS HIGH SCHOOL CANTEEN SPRING MENU 2022

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| 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 | | |
| Chicken and Avocado | \$5.50 | PENNO BEEF BURGER | \$7.00 |
| 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 | \$6.50 | | |
| Tenders, Lettuce, Diced Ham, Caesar Sauce | \$6.50 | CHICKEN BURGER | |
| Sweet Chilli Chicken Wrap | \$6.50 | Chicken Burger | \$5.50 |
| Sweet Chilli Tenders, Lettuce, Tomato | \$6.50 | Chicken Burger with Cheese | \$6.00 |
| & Sweet Chilli Sauce | | Chilli Chicken Burger | \$5.50 |
| Salad | \$5.50 | Chilli Chicken Burger with Cheese | \$6.00 |
| Ham or chicken extra choice | \$1.00 | | |
| | | GLUTEN FREE | |
| TUESDAY | | Salad Plate (GF) | \$6.00 |
| Butter Chicken and Rice (GF) | \$6.50 | <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) | \$3.90 | 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> | |
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| 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 | \$2.70 |
| Ravioli | \$5.50 | Cookies & Cream / Choc Malt 425ml | \$3.70 |
| Beef Pie | \$4.50 | Iced Coffee 500ml | \$3.70 |
| Sausage Roll | \$4.00 | 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 | \$1.70 |
| Margherita Pizza | \$5.00 | Muffins (Berry / Chocolate) | \$2.50 |
| | | Chocolate Mousse 150ml | \$2.20 |
| | | Fresh Fruit Pieces (GF) | \$1.00 |
| | | Juice Cups (GF) | \$0.80 |
| 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 |