



J.J CAHILL MEMORIAL HIGH SCHOOL

CANTEEN MENU

SANDWICHES

HAM & CHEESE (e)	\$4.00
HAM, CHEESE & TOMATO (e)	\$4.50
SWEET CHILLI CHICKEN & MAYO (e)	\$5.00
CHICKEN, LETTUCE & MAYO (e)	\$5.00
CHEESE & TOMATO (e)	\$3.00
EGG & LETTUCE (e)	\$4.00
TUNA, LETTUCE & MAYO (e)	\$4.00
SALAD (lettuce, tomato, carrot, cucumber & beetroot) (e)	\$4.00
CHICKEN & CAESAR (bacon, lettuce & caesar dressing) (e)	\$5.00

WRAPS

SALAD (lettuce, tomato, onion, carrot, cucumber beetroot) (e)	\$5.00
CHICKEN (lettuce, mayo, spring onions) (e)	\$5.00
SWEET CHILLI CHICKEN (lettuce, tomato, sweet chilli) (e)	\$5.00
CHICKEN CAESAR (lettuce, egg, cheese, croutons) (e)	\$5.00

RICE & PASTA

PASTA BOLOGNESE (beef sauce) (o)	\$5.00
BEEF LASAGNA (homemade) (o)	\$5.00
BUTTER CHICKEN (homemade with rice) (o)	\$5.00
ROASTED VEGETABLES PASTA (fresh sauce) (o)	\$5.00

NACHOS

BEEF (beef mince with cheese & sour cream) (o)	\$5.00
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PASTRIES

SAUSAGE ROLLS (timbertown- 120g) (o)	\$4.50
MEAT PIES (timbertown - 170g) (o)	\$4.50
CHEESE & SPINACH PASTRY (homemade) (o)	\$2.00

SALADS

FRUIT (fresh seasonal fruits) (e)	\$4.00
GARDEN (lettuce, tomato, capsicum, carrot, beetroot) (e)	\$4.00
CAESAR (cos lettuce, egg, croutons, cheese) (e)	\$4.50
PERI-PERI CHICKEN (e)	\$5.50
HAM SALAD (e)	\$5.50
SWEET CHILLI CHICKEN (lettuce, tomato) (e)	\$5.50

BREAK 1

HUMMUS & VEGIE STICKS (e)	\$3.00
SEASONAL FRUIT (e)	\$2.00
FRUIT SALAD (e)	\$4.00
YOGHURT (o)	\$3.00
CHEESE TOAST (e)	\$2.00
TOASTED SANDWICH (e)	\$4.00
BACON & EGG ROLL WITH SAUCE (o)	\$5.00
YOGHURT & MUSLI BREAKFAST (e)	\$4.00

MEXICAN BURRITOS

CHICKEN BURRITO WRAP (salsa, rice & cheese) (o)	\$6.00
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COLD

FRUIT BLOCKS (e)	\$1.00
FROZEN JUICE CUPS (e)	\$1.00

**EFTPOS
NO FEES
NO MINIMUM
PURCHASE**

FOOD CODING

e - EVERYDAY RATED
o - OCCASIONAL RATED
ALL ITEMS ARE HALAL
(EXCEPT PORK BASED PRODUCTS)

SUSHI ROLLS

TERIYAKI CHICKEN (e)	\$3.50
VEGETARIAN (e)	\$3.50
TUNA (e)	\$3.50

DRINKS

POPPER JUICE 200mL (e)	\$2.00
WATER 600mL (e)	\$1.00
ICE TEA (e)	\$3.00
UP & GO 250mL (e)	\$2.50
HOT CHOCOLATE (e)	\$3.00
SOFT DRINKS 375mL (no sugar) (o)	\$2.00
POWERADE 600mL (no sugar) (o)	\$4.00
SMOOTHIES (e)	\$4.00

BURGERS

CHICKEN BURGER (lettuce & mayo) (e)	\$5.00
AUSSIE BURGER (beef, lettuce, tomato, beetroot & tomato sauce) (e)	\$5.00
CHEESE BURGER (beef, cheese, lettuce, tomato, BBQ sauce) (e)	\$5.00

TOASTER WRAPS

SWEET CHILLI CHICKEN (e)	\$5.00
BBQ CHICKEN & CHEESE (e)	\$5.00

HOME MADE PIZZA

CHEESE (with fresh tomato pizza sauce) (o)	\$4.50
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HOT BITES

HOT & SPICY CHICKEN WINGS (e)	2 For \$3.00
CHICKEN TENDERS (o)	2 For \$3.00
GARLIC BREAD (e)	\$1.50 each
CUP NOODLES (beef or chicken) (e)	\$2.00
POTATO WEDGES (oven baked) (e)	\$3.00