



# Metropolitan Canteens Corinda State High School Comprehensive Menu Varies Daily

Prices effective from July 2017

H.... Halal ....V ....Vegetarian GF.... Gluten Free



## Sandwiches Rolls & Wraps

### White/wholemeal/Multigrain

#### **Ingredients**

Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado **with** Cranberry, Mustard, Mayo & Roast Vegetables.

|                   |              |               |
|-------------------|--------------|---------------|
| <b>Sandwiches</b> |              | <b>\$4.00</b> |
| <b>Rolls</b>      |              | <b>\$5.00</b> |
| <b>Wraps</b>      | <b>Half</b>  | <b>\$3.50</b> |
| <b>Wraps</b>      | <b>Whole</b> | <b>\$6.00</b> |
| <b>Focaccia</b>   | Grilled      | <b>\$5.50</b> |

#### Salads

|                          |        |              |        |
|--------------------------|--------|--------------|--------|
| Falafel Salad            | \$4.50 | Quinoa Salad | \$4.00 |
| Chicken Caesar           | \$5.50 | Potato Salad | \$4.00 |
| Greek Salad              | \$5.00 | Pasta Salad  | \$4.00 |
| Thai Salad               | \$4.00 | Beef Salad   | \$5.50 |
| Vietnamese Chicken Salad |        |              | \$5.50 |
| Tuna Salad               | \$4.00 |              |        |
| Fresh Fruit (whole)      | \$1.20 |              |        |
| Fruit Salad small        | \$4.50 |              |        |
| Fruit Salad large        | \$5.00 |              |        |
| Yoghurt                  | \$3.00 |              |        |
| Jelly                    | \$2.00 |              |        |

### From our Resident Nutritionist Stephanie Wearne

#### From BodygoodFood

Web: [www.bodygoodfood.com.au](http://www.bodygoodfood.com.au)

|   |        |
|---|--------|
| Berry & Oat Muffins   | \$3.30 |
| Banana & Coconut Bread (Homemade)                           | \$3.90 |
| Corn & Bacon Fritters                                       | \$3.30 |
| Quinoa Salad  | \$5.50 |
| Vietnamese Chicken Salad                                    | \$6.00 |
| Roast Beef Wrap with spinach, Relish<br>Red Onion & Mustard | \$6.00 |
| Mexican Bean Pots with guacamole,<br>Sour Cream & Cheese    | \$5.50 |
| Muesli Slice (Homemade)                                     | \$3.90 |
| Energy Balls (Homemade)                                     | \$2.20 |
| Rice Paper Rolls (2 small)                                  | \$2.50 |
| Sushi variety   | \$3.30 |

#### THE BAKERY

#### All made on site (low fat)

|                        |             |
|------------------------|-------------|
| Cookies                | \$2.00      |
| Muffins various        | \$2.50      |
| Banana & Coconut Bread | \$2.80      |
| Slices Homemade        | from \$2.50 |



#### THE BAKERY

#### Continued

#### All made on site (low fat)

|                         |        |
|-------------------------|--------|
| Sausage Rolls           | \$3.50 |
| Spinach & Ricotta Rolls | \$4.00 |
| Quiche                  | \$3.50 |
| Pasties                 | \$4.00 |
| Pies                    | \$4.00 |
| Pizza                   | \$4.00 |
| Nachos                  | \$4.00 |
| Corn & Bacon Fritters   | \$2.00 |
| Scones                  | \$1.50 |
| Danish Apple or Apricot | \$4.00 |
| Brioche (varieties)     | \$4.00 |

#### Burgers & Buns

|                              |        |
|------------------------------|--------|
| Chicken Schnitzel            | \$5.50 |
| Grilled Chicken              | \$5.50 |
| Cheeseburger                 | \$4.50 |
| Hamburger with the lot       | \$6.50 |
| Hot Roast Beef & Gravy       | \$5.00 |
| Vegetarian Burger            | \$5.50 |
| Fish Fillet Burger           | \$5.00 |
| Hot Dogs Plain with sauce    | \$3.50 |
| Hot Dogs with Cheese & Sauce | \$4.00 |

### MEAL SPECIALS

#### Pasta Dishes (all \$6.00)

|                       |                            |
|-----------------------|----------------------------|
| Penne Carbonara       | Drumsticks with Rice H     |
| Penne Bolognese       | Chilli Con Carne GF        |
| Beef Lasagne          | Meatball Subs (5)          |
| Vegetarian Lasagne V  | Chicken Parmigiana H       |
| Pumpkin Risotto HV GF | Chicken Enchilada H        |
| Chicken Pesto Penne H | Vegetarian Shells (\$5) HV |
| Beef Stroganoff       | Spaghetti & Meatballs      |
| Vegetable Calzone HV  | Macaroni Cheese (\$4) HV   |
| Rogan Josh            | Chicken Kebabs H           |
| Frittata & Salad H V  |                            |

Chicken Bacon & Spinach Lasagne

Chick Pea & Pumpkin Curry with Rice H V

Roast Vegetable Dahl & Rice HV

Salted Caramel Apple Pie & Cream (\$5)

#### Rice Dishes

|                                   |        |
|-----------------------------------|--------|
| Vegetarian Fried Rice HV          | \$4.00 |
| Special Fried Rice                | \$5.00 |
| Steamed Rice with Asian Greens HV | \$6.00 |

#### Other Meals

|                                     |        |
|-------------------------------------|--------|
| Roast Meat with Roast vegetables GF | \$6.00 |
| Singapore Noodles HV                | \$5.50 |
| Baked Potato with Toppings          | \$5.50 |

**Check the school Bulletin and other  
Canteen Notice Boards for daily  
specials**

## Canteen Price List

Prices effective from July 2017



### VEGETARIAN & HALAL & GLUTEN FREE

#### OPTIONS AVAILABLE

H.... Halal ....V ....Vegetarian GF.... Gluten Free



#### Breakfast

Available from 8-00am

|                                       |        |
|---------------------------------------|--------|
| Cereal and Milk...Full Cream or Skim  | \$2.00 |
| Porridge Bowls                        | \$2.00 |
| Bacon and Egg Roll                    | \$4.00 |
| Bacon and Egg Muffin                  | \$4.00 |
| Egg Bacon & Sausage Wrap & Hash Brown | \$5.00 |
| Croissant Ham & Cheese                | \$4.50 |
| Croissant Cheese & Tomato             | \$4.00 |
| Raisin Toast                          | \$1.20 |
| Ham & Cheese Toasties                 | \$3.50 |



#### Drinks

|                         |        |
|-------------------------|--------|
| 600ml Water             | \$2.50 |
| 300ml Plain Milk        | \$1.20 |
| 600ml Classic Flavoured | \$4.00 |
| 300ml Classis Flavoured | \$2.50 |

### DRINKS Continued

|                                  |        |
|----------------------------------|--------|
| 500ml Dare Iced Coffee           | \$4.20 |
| Up and Go Milk                   | \$2.80 |
| Just Juice 100%                  | \$2.00 |
| Fruit Juice 500ml Daily Juice    | \$4.20 |
| 500ml Waterfords Mineral Water   | \$4.00 |
| 250ml Glee Sparkling Fruit Juice | \$2.50 |



#### Ice Creams

Selection of approved ices available from canteen

|                  |      |        |
|------------------|------|--------|
| <b>Sushi</b>     | from | \$3.30 |
| Chocolate Mousse |      | \$3.00 |
| Banana Custard   |      | \$2.00 |

#### Crisps

|                             |        |
|-----------------------------|--------|
| Red Rock Potato Crisps 28gm | \$2.00 |
| Vege Chips 27gm             | \$2.00 |

### MISCELLANEOUS

#### Breakfast

Start your day with a good filling breakfast

#### Other snacks

such as Dim Sims Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets, Garlic Bread (all oven baked) will be available on a rotating basis from time to time.

**Soups** \$3.50 Pumpkin, Chicken or Minestrone