

BIRDWOOD HIGH SCHOOL CANTEEN MENU 2019 from 9/9/2019

ROLLS AND WRAPS

White wrap or crusty roll

Salad consists of lettuce, tomato, cucumber and carrot.

Ham & salad	\$4.50
Chicken & salad	\$4.50
Cheese & salad (V)	\$4.50
Ham, cheese, tomato	\$4.50
Egg, lettuce & mayo	\$4.50
Chicken, lettuce & mayo	\$4.50
Ham & cheese	\$4.50
Cheese & tomato (V)	\$4.00

SANDWICHES

Sliced wholemeal bread.

Salad consists of lettuce, tomato, cucumber and carrot.

Ham & salad	\$3.50
Chicken & salad	\$3.50
Cheese & salad (V)	\$3.50
Ham, cheese, tomato	\$3.50
Egg, lettuce & mayo	\$3.50
Chicken, lettuce & mayo	\$3.50
Ham & Cheese	\$3.50
Cheese & Tomato (V)	\$3.00

PLAIN SANDWICHES

Sliced wholemeal bread (without salad)

Chicken	\$3.00
Ham	\$3.00
Cheese	\$2.00
Egg	\$3.00
Tuna	\$3.00
Vegemite	\$1.50

SALADS

Chicken Caesar	\$5.50
Grilled chicken, cheese, bacon, lettuce, tomato & caesar dressing	
Sweet Chilli Chicken	\$5.50
Chicken tenders, lettuce, tomato, cucumber & sweet chilli sauce	

Selection of above available daily. To ensure availability please pre order.

HOT FOODS

Bacon and Egg Roll	\$4.50
Cheese Sandwich Toasted	\$2.00
Chicken Yiros Wrap	\$4.40
Corn Cobbetts (GF,V)	\$0.50ea
Chilli Sub with Salad	\$4.50
Fried Rice with Bacon	\$2.50
Fried Rice (GF,V)	\$2.00
Hot Potato & Cheese (V)	\$4.00
Hot Potato, Cheese, Ham	\$4.50
Macaroni Cheese (V)	\$3.00
Pasta Bolognaise bake	\$3.50
Sausage Roll	\$2.20
Spinach & cheese roll (V)	\$4.50
Vegetarian Pasty (V)	\$4.50

PACKET LINES

Vegie chips	\$1.30
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COOL CHOICES

Quelch Fruit Juice	\$0.50
Fruit Salad (V,GF)	\$3.50
With custard	\$3.80

DRINKS

Focus Water 500ml	\$3.00
Natural Spring Water	
600ml	\$1.30
1.25L	\$2.20
Nippy's Milk 375ml	\$3.00
Chocolate, Banana, Strawberry, Vanilla Honeycomb	
Nippy's Juices	
Orange, Apple, Blackcurrant	
300ml	\$2.30
500ml	\$3.00
Up & Go (low sugar)	
Chocolate, Strawberry, Banana	
50ml	\$3.00

DAILY SPECIALS

** Available by Order only **

MONDAY

Chicken Burger	\$4.50
Vegetarian Burger (V)	\$4.50
Beef Burger	\$4.50
(all with lettuce and tomato)	

TUESDAY

Butter Chicken with rice	\$4.00
Vegetable Spring Rolls (V)x4	\$2.00

WEDNESDAY

Bangers and Mash half serve	\$3.00
Full serve	\$5.00
Garlic Bread	\$2.00
Pizza Slice	\$2.50

THURSDAY

Potato Skins (fillings below)	
Bolognaise & Cheese	\$2.50ea
Mashed Potato & Chives (V)	\$2.50ea

FRIDAY

Chicken Nuggets	\$0.70ea
Hot Dog - plain & sauce	\$3.80
Jnr (half)	\$2.00
Hot Dog - cheese & sauce	\$4.00
Jnr (half)	\$2.00

EAT MOSTLY

EAT MODERATELY

EAT LESS

V = Vegetarian
GF = Gluten Free

Please Note: - Daily Specials are only available if pre-ordered.

All items on the menu can be ordered and paid for on line via the QKR app.

All orders need to be placed by 9.30am.

Substitutes will be given if not available or if money is incorrect or not included.