

Merewether High School Canteen - Menu, Term 4 2025

Keep an eye out for Homemade Specials and Trials in self service



SALADS, SANDWICHES & WRAPS

Basic Sandwich	\$2.50
•Cheese •	
Classic Sandwich	\$3.50
•Garden Salad Delight•Ham & Tomato •Cheese & Tomato•	
•Cheese, Tomato, Onion & Baby Spinach•	
•Ham & Cheese •Curried Egg•	
Deluxe Sandwich	\$4.00
•Chicken, Mayo & Baby Spinach•Chicken & Avocado•	
Egg & Lettuce•Ham, Cheese & Tomato	
•Ham, Cheese, Tomato, Onion & Baby Spinach•	
•Garden Salad Delight with Cheese•	
•Garden Salad Delight with Ham•	
Sandwiches toasted at no additional charge	
Gourmet Wraps	\$4.20
•Fancy Fresh Salad•	
•Fancy Fresh Salad w/ Ham or Cheese•	
Fresh Salads	
H/GF Garden Salad Small	\$3.00
GF Gourmet Salad Box Large •Ham•Cheese•Egg•	\$4.50
Vinaigrette •Italian Dressing•	\$0.60
Extras •Cheese•Egg• add	\$1.00

DAILY SPECIALS

Monday Specials	
H/GF Lentil Curry w/Rice	\$3.00
H Tandoori Chicken Pockets	\$3.30
H Breakfast Sausage Muffin	\$3.50
H/GF Butter Chicken w/Rice	\$5.00
Tuesday Specials	
GF Fried Rice	\$3.50
Asian Dumplings •Pork•	\$4.20
H Flame Grilled Chicken Roll	\$4.40
H Chicken Caesar Wraps	\$5.00
Wednesday Specials	
H Black Bean Burrito	\$2.50
H 3 Bean Vegetarian Nachos	\$4.00
H Mexican Chicken Burrito	\$4.00
Beef Nachos	\$5.00
Thursday Specials	
Turkish Pide •Hawaiian•	\$3.00
* Toasted Tortilla Triangle •Mexican Beef •	\$3.30
H Toasted Tortilla Triangle•Chicken & Avocado•	\$3.30
H Boscaiola Pasta	\$3.50
H Flame Grilled Chicken Roll	\$4.40
Friday Specials	
H Vegetarian Pasta	\$2.20
H* Spinach & Cheese Gozleme	\$3.50
Chicken & Gravy Roll	\$4.00
H Beef Burger w/Salad	\$5.80

GF = GLUTEN FREE Ingredients

* = GLUTEN FREE Variant available online/self service

H = Halal Friendly

Please download the
Qkr! App for
preordering

Everyday choice for Healthy Eating

Occasional choice for Healthy Eating

DAILY MADE SNACKS

GF Vegetable Snack Pack	\$0.80
GF Wholegrain Crackers	\$0.80
Snack Packs •Milo•Multigrain•	\$1.00
GF Seasonal & Fresh Fruit	\$1.20
GF Cheese & Wholegrain Crackers	\$1.50
H/GF Hard Boiled Egg	\$1.50
Monday Made Snacks	
H Naan Bread	\$1.00
H/GF Fruit Salad	\$4.00
Tuesday Made Snacks	
Garlic, Herb & Cheese Pizza Sub	\$2.20
GF Yogurt & Berries	\$2.80
Yogurt Berry Crunch	\$2.80
Wednesday Made Snacks	
Ham, Baby Spinach & Cheese Pizza Sub	\$2.20
GF Custard & Peaches	\$2.80
Thursday Made Snacks	
GF Yogurt & Berries	\$2.80
Yogurt Berry Crunch	\$2.80
Friday Made Snacks	
Vegetarian Pizza Sub	\$2.20

COLD DRINKS

GF Water 600 ml	\$1.70
GF Smoothies Tropical •Wed•	\$2.00
GF Smoothies Raspberry •Tues•Thurs•	\$2.00
GF Golden Circle Juice 200ml •Apple •Tropical•	\$2.00
GF Golden Circle Juice 200ml •Apple&Mango•	\$2.00
GF Juice Bomb 250ml 6 fruit flavours	\$2.50
GF Classic Flavoured Milk 300ml •Choc•Strawberry•	\$2.40
GF Plain Milk 600ml	\$2.60
Up & Go 250ml •Choc Ice•Dairy Free Choc Ice (GF)•	\$2.70
Up & Go 250ml •Banana•Coffee•	\$2.70
GF Nudie Juice 200ml •Apple •Orange•Tropical•	\$3.30
GF Classic Flavoured Milk 500ml •Choc•Strawberry•	\$4.20
GF Classic Flavoured Milk 500ml •VanMalt•	\$4.20
GF Classic Flavoured Milk 500ml •Iced Coffee•	\$5.10
GF Hot Chocolate (BYO cup \$1.70)	\$2.20
GF Tea or Coffee (BYO cup \$1.50)	\$2.00

Occasional Hot Meals & Snacks

H Hash Brown •Mon•	\$1.30
Chocolate Mousse•Thur•	\$1.10
GF Chips •Sea Salt 28g•	\$2.00
Wholegrain Chips •Sour Cream & Chives•	\$2.00
Garlic Roll, Mini •Tues•Wed•Thur•Fri•	\$2.30
Banana Bread •Tues•	\$3.50
Chicken Noodle Cup	\$3.50
Sausage Roll, Lean •Tues•Wed•Thur•Fri•	\$3.90
H Sauce portions	\$0.50

FROZEN SNACKS

GF Fruit Tubes 4 fruit flavours	\$0.50
GF Juice Cups •Orange•Apple•ABC•	\$0.80
GF Frozen Fruit •Pineapple rings•	\$1.00
GF Frozen Smoothies •Raspberry•Tropical•	\$2.00
GF Vanilla Ice Cream Tubs	\$1.50
GF Moosie	\$2.30