

MIDDLE HARBOUR PUBLIC SCHOOL CANTEEN MENU

Hot Food

Chicken Tender Wrap 6.50
 Gluten Free Pasta Beef Bolognese
 Gluten Free Creamy Chicken & Sweetcorn Pasta
 Gluten Free Napolitana Pasta with cheese 6.70
 Veggie Fried Rice 7.50
 Chicken Egg Fried Rice 7.50
 Pasta Napolitana with Cheese 6.50
 Beef Lasagne 7.00
 Mac & Cheese 7.00
 Lite Sausage Roll 6.00
 Beef Bolognese 6.80

Sandwiches and Wraps

Vegemite 3.70
 Cheese 4.50
 Cheese and Tomato 5.00
 Vegemite and Cheese 4.80
 Ham 5.00
 Ham & Cheese 5.80
 Ham, Cheese & Tomato 6.20
 Chicken Sandwich 6.50
 Chicken Lettuce and Mayo Wrap 7.00
 Honey Sandwich 4.00

Snacks

Sunbites Popcorn 2.60
 Seasonal Fruit 2.00
 Apple & Blackcurrant Jelly Cup 2.20
 Fluffy Chocolate Mousse 2.20
 Cheesy Garlic Pita 3.00
 English Muffin 4.00
 Chicken Goujons (3) 4.00
 Red Rock Deli Chips 2.50
 Milo Muffin 2.60
 Fruit Salad 4.00
 Blueberry Muffin 3.00
 Milo Cookie 1.00
 Fruit Salad 4.00

Weekly Specials

BeefBurgers (Tuesday Special)

Sushi (Wednesday Special)

Sushi Roll 5.50
 Mini Sushi Box 7.00

Nachos (Thursday Special)

Pizza (Friday Special)

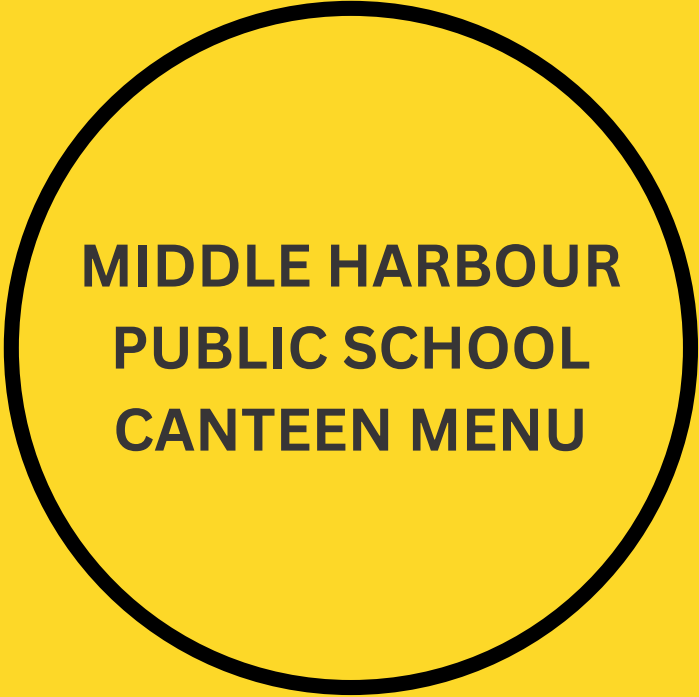
Cheese 7.00
 Ham & Pineapple 7.00
 BBQ Chicken & Cheese 7.00
 Veggie 7.00

Drinks

Water 600ml 2.20
 Flavoured Milk 3.00
 Plain Milk 2.60
 Chill J 100% Sparkling Fruit
 Juice 4.00
 Juices 2.80

Frozen

Twisted Frozen Yoghurt 4.00
 Frozen Juice Cup 2.50
 Quelch Stick 1.20
 Juicies Ice Block 2.50



MIDDLE HARBOUR PUBLIC SCHOOL CANTEN MENU

Staff Lunch

Chicken Lettuce & Mayo Wrap 8.00

Ham, Cheese & Salad Wrap 8.00

Tuna & Salad Wrap 8.00

Ham & Salad Wrap 8.00

Egg, Lettuce & Mayo Wrap 8.00

Cheese & Salad Wrap 8.00

Rainbow Wrap 8.00

Falafel Wrap

Milo Cookie 1.00

Fruit Salad 4.00