



Strathfield South High School Canteen Menu



BREAKFAST	PRICE
Assorted Muffins	\$5.00
Muesli & Fresh Yoghurt	\$5.00
Fruit & Fresh Yoghurt	\$5.00
Cheese Toasted Sandwich	\$4.00
Cheese & Tomato Toasted Sandwich	\$5.00
Ham, Cheese, Tomato Sandwich	\$6.00
Assorted Fresh Fruit (GF)	\$1.50

SNACKS	PRICE
Red Rock Chips	\$3.00
Jelly Tub (GF)	\$4.00
Veggies Chips (GF)	\$3.00
Garlic Bread	\$2.00
Rice Pudding	\$5.00

DRINKS & REFRESHMENTS	PRICE
100% Fresh Apple Juice	\$5.00
100% Fresh Orange Juice	\$5.00
100% Fresh Apple & Blackcurrant	\$5.00
Bottle Water 600ml	\$2.50
Juice Bombs	\$4.00
Aloe Vera Drink	\$6.00
Watermelon or Peach Iced Tea	\$6.00
Juicy Tubes (GF)	\$3.00
Vanilla Bean Yoghurt Twist	\$4.00
100% Fruit Juice Quelch	\$2.00
Frozen Bulla Yoghurt	\$4.00
Oak Light Milk Chocolate 300ml	\$4.00
Oak Light Milk Strawberry 300ml	\$4.00
Up & Go Assorted Flavoured 250ml	\$4.00

SALAD TUBS	PRICE
Chicken, Mixed Lettuce, Tomato, Cucumber and dressing	\$7.00
Chicken Pasta Salad, Spiral Pasta, Capsicum, Carrot, Corn, Parsley	\$7.00
Greek Salad, Lettuce, Tomato, Cucumber, Fetta & Oregano	\$7.00
Egg Salad	\$7.00
Lettuce, Tomato, Cucumber	\$7.00
Tabouli Salad	\$7.00
Large Fresh Seasonal Fruit Salad (GF)	\$6.50
Small Fresh Seasonal Fruit Salad (GF)	\$5.50

HOT WRAPS	PRICE
Chicken Tender wrap with Lettuce & Mayo	\$8.00
Chicken Sweet Chili wrap, Lettuce & Mayo	\$8.00
Chicken Schnitzel Lettuce & Mayo	\$10.00
Focaccia	\$10.00
Kafta Wrap	\$8.00
Falafel Wrap	\$8.00
Souvlaki Wrap	\$10.00
Beef meat ball Wrap	\$8.00



Minium spent \$5.00 and Fees apply

SANDWICHES/ROLLS	PRICE
Egg, Lettuce & Mayo	\$6.00
Reduced Fat Cheese & Tomato	\$5.00
Ham, Cheese & Tomato	\$6.00
Salad - Lettuce, Tomato, Carrot, Cucumber & Beetroot	\$6.00
Fresh Chicken, Lettuce & Mayo	\$6.00
Tuna, Lettuce & Mayo	\$6.00

HOT FOOD	PRICE
Lean Beef Burger - Lettuce, Tomato & Sauce	\$8.00
Crunchy Chicken Burger Lettuce & Mayo	\$8.00
Lean Beef Cheeseburger	\$7.00
Crunchy Chicken Perri Burger	\$8.00
Spicy Chicken Bites	\$8.50
3 x Chicken Tenders	\$8.50
Cheese & Macaroni	\$6.50
Sausage Roll	\$6.50
Lite Beef Meat Pie	\$6.50
Baked Potato Wedges	\$7.00
Vegetarian Spring Rolls	\$6.00
Hot Dogs with sauce	\$5.00
Noodles - Chicken OR Beef	\$5.00

ALL FOOD IS HALAL

Green = Healthy food choices that can be enjoyed every day.

Orange = Less healthy food choices that should be enjoyed only sometimes.

ALL FOOD IS MADE ONSITE - FRESH DAILY



Xenos Healthy Snacks

DAILY SPECIALS



Xenos Healthy Snacks

Chicken Pasta Bake (Monday)

Spiral Pasta with chicken breast pieces baked in a low fat cheesy white sauce with a bottle of water

\$9.00

Chicken with Rice (Wednesday)

Chicken pieces marinated in lemon sauce served with rice with a bottle of water

\$9.00

Sausage Sizzle (only Friday)

Lean Sausage cooked on the BBQ in a Bread Roll with sauce

\$6.00

Penne Bolognese (Thursday)

Lean beef mince, cooked in a red tomato sauce, pasta topped with low fat cheese and bottle of water

\$9.00

Nachos (Tuesday)

Baked corn tortilla chips, topped with low fat shredded cheese, corn, tomato and lean beef mince with a bottle of water

\$9.00

Butter Chicken and Rice (Wednesday)

Chicken thigh fillet, cooked in butter chicken sauce with Rice and a bottle of water

\$9.00

Chicken Wings & Rice (Thursday)

Over baked chicken Wings on a bed of rice and bottle of water

\$9.00

Chicken and Corn Soup (winter only)

Creamy Corn with shreds of chicken

\$6.00

Vegetarian Fried Rice

Rice mixed with carrot, corn and peas.

\$5.00