

Tamworth High School Canteen

Contact: tnscanteenservices@gmail.com or 0435 580 128

MENU

SNACKS

Red Rock Deli (Honey Soy/Sea Salt)	\$1.50
Fruit (as available)	\$1.00
Muffin (Choc/Apple & Cinnamon)	\$2.50
Banana Bread	\$3.00
Pretzels (25g)	\$1.00
Grainwaves (28g)	\$1.50
JJ's (Chicken/Salt & Vinegar)	\$1.50
Cheesymite Scroll	\$3.00
Yoghurt & Muesli Cup	\$3.00
Cheese & Bacon Roll	\$2.50
Fruit Salad Cup	\$5.00

DRINKS

Hot Chocolate 8oz	\$2.00
Hot Chocolate 12oz	\$3.00
Water 600ml	\$1.50
Water 1L	\$2.50
Flavoured Milk 300ml – Chocolate/Strawberry	\$2.50
Flavoured Milk 500ml	\$4.00
Up & Go 250ml – Chocolate	\$2.50
Strawberry	
Up & Go 350ml – Choc/Strawb/Vanilla/Banana	\$4.00
Juice Popper 200ml – Orange	\$2.50
Apple	
Apple Blackcurrant	
Paradise Punch	
Nippys Milk 375ml – Banana	\$3.50
Vanilla Malt	
Iced Chocolate	
Iced Honeycomb	
Iced Mocha	
Glee 250ml – Rockin Raspberry	\$2.50
Tropical Treat	
Sour Watermelon	
Bubblegum Grape	
Juice 500ml	\$3.00

SALAD BOWLS

Salad Bowl	\$5.00
Including Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion, Pineapple, Cheese	
Add Chicken or Ham	+\$1.50
Chicken Caesar Salad	\$6.50
Thai Beef Salad	\$6.50

ICYPOLES

Quelch Stick & TNT (Assorted)	\$1.00
Everest Frozen Yoghurt Mango	\$1.50
Juicies (Tropical/Berry/Orange)	\$2.50
Moosies (Choc/Blue Moon/Strawberry)	\$2.50
Everest Ice Cream Cups (Vanilla or Chocolate)	\$1.50
Supa Pops (Choc Milkshake/Cookie Dough)	\$2.00
Twisted Frozen Yoghurt	\$2.50

SANDWICHES or WRAPS

Vegemite	\$2.00
Cheese	\$2.00
Egg	\$3.00
Salad	\$4.50
Lettuce, Tomato, Cucumber, Onion, Beetroot, Pineapple, Carrot & Cheese	
Chicken & Cheese	\$4.50
Chicken Salad	\$5.50
Ham & Cheese	\$4.50
Ham Salad	\$5.50
Sweet Chilli Tender Wrap	\$5.00

Extra's

50 cents

Lettuce, Tomato, Cucumber, Spanish onion, Beetroot, Carrot

HOT FOOD

Tempura Chicken Nuggets (pack 6)	\$5.00
Sauce Sachets (Tomato or BBQ)	50 cents
Pizza (Ham & Pineapple, Pepperoni, Meatlovers, Margherita)	\$5.00
Pizza Roundas	\$3.50
Garlic Bread	\$2.50
Cheese & Spinach Roll	\$4.00
Sausage Roll	\$3.50
Flavoured Pies – Chicken Mornay, Curry, Beef & Potato	\$5.00
Beef Pie	\$4.00
Snack Pie	\$3.00
Chicken & Gravy Roll	\$5.00
Pork & Gravy Roll (when available)	\$5.00
BBQ Pork Riblet	\$3.50
Sweet Chilli Tender	\$2.00
Toasted Sandwich - Ham & Cheese/Chicken & Cheese	\$4.00
- Cheese	\$2.50
White and Wholemeal Bread available	
Noodle Cup	\$2.50
Flamegrilled Chicken Burger with Lettuce & Sauce	\$5.00
Extra's	50 cents each
Tomato, Cucumber, Spanish onion, Beetroot, Carrot, Cheese & Pineapple	
Beef Burger with Cheese	\$5.00
Choose Tomato or BBQ sauce	
Extra's	50 cents each
Lettuce, Tomato, Cucumber, Spanish onion, Beetroot, Carrot & Pineapple	
When available	\$5.00
Beef Lasagne/Spaghetti Bolognese/Macaroni Cheese/Butter	
Chicken/Nachos/Soup/Fried Rice/Bangers & Mash	

GLUTEN FREE

GF Banana Bread	\$3.00
GF Icecream Cup	\$1.50
GF Chicken Noodle Cup	\$3.00
GF Chicken Nuggets (6 pack)	\$5.00
GF Party Pies (2 pack)	\$3.00
GF Party Sausage Rolls (2 pack)	\$3.00
GF Beef Lasagne	\$6.00

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Breakfast Items when available

Hash Brown | Fruit | Yoghurt | Toasted Wraps | Brekky Rolls