

HENLEY HIGH CANTEEN MENU

FROM 1ST FEBRUARY, 2016

HEALTHY OPTIONS

SALAD PACKS

Large \$7.00 / Small \$4.00

Garden Salad - Vegetarian, Ham or
Chicken
Moroccan Cous Cous
Quinoa and Carrot
Seasonal Fruit



Sushi

Teriyaki and California
- \$2.50 a roll

Sandwiches - \$4.00
Wraps - \$6.00
Small Roll - \$2.50
Single Cut Roll - \$5.00
Double Cut Roll - \$7.00

All include 3 fillings

Ham, Chicken, Silverside, Cheese,
Egg, Curried Egg, Tuna
Tomato, Lettuce, Cucumber, Carrot,
Beetroot, Avocado, Gherkin,
Mayonnaise, Mustard

Extra fillings 50 cents each

Fresh Fruit from \$2.00
Yoghurt - \$2.50

SELECT CAREFULLY

Sausage Roll - \$4.00
Pie - meat, chicken, potato - \$4.00
Pasty - vegetarian - \$4.00
Quiche - Lorraine, spinach - \$4.00

Chicken & mayo roll - \$5.00
Chilli Tender roll - \$5.00
Hot Dog w/sauce/cheese - \$4.00
Pizza Subs - \$3.00
Pizza - Ham & pineapple, Supreme,
Vegetarian - \$4.00

Chicken Burger
Inc. cheese, lettuce, mayo - \$5.00
Beef Burger
Inc. cheese, lettuce, tomato, sauce
- \$5.00

Noodle Cups - Beef/Chicken - \$3.00

Goujons
(Chicken fingers) - \$4.00 cup

Vegemite Scrolls - \$3.00
Cheese & Bacon Scroll - \$2.50



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FRESH JUICE

Daily Juice/ Nippy's 500ml - \$3.50
(Orange, apple, apple & blackcurrant, breakfast juice, orange & mango)

Berri 350ml - \$2.50
(Orange, apple, tropical, apple & blackcurrant)

Just Juice 200ml - \$1.50
(Orange, apple, paradise punch, apple & blackcurrant)

FRESH MILK

Plain Skim Milk 375 ml - \$1.50
600ml - \$2.50
Flavoured 375ml - \$3.50
Chocolate, Strawberry

SELECT CAREFULLY

CAKES

Finger buns - plain/buttered - \$3.00
Apple or Berry Scrolls - \$3.50
Muffins (assorted Flavours) - \$3.50

ICE CREAMS

Streets range various prices

CRISPS

Red Rock & Smiths Chips
Assorted flavours - \$1.50

WATER

Summit/Nippy's 600 ml - \$2.50

