



## Nowra High School WINTER CANTEEN MENU



We cater Vegan/Vegetarian/Gluten free/Dairy free

Wraps- Rolls- Sandwiches  
HOT food – spring rolls – Empanada – Burgers – Pasta - snacks  
**PLEASE PRE-ORDER BEFORE ROLL CALL**

### Breakfast 8.15 – 9.00

Egg and bacon roll	\$4.00
Hash browns	\$1.00
Toasties	\$3.00
Hash brown sandwich	single \$2.00 double \$3.00
Cold milo (small only)	\$2.00
Hot milo	\$3.00
Hot Chocolate	\$3.00
Toast – vegemite – jam – cinnamon	\$0.50
Raisin Toast	\$1.00
Coffee (Seniors only) SM	\$4.00
	LG \$5.00

### LUNCH MENU

*All of our sandwiches, wraps and toasties are made fresh daily, exactly the way you like them with wholemeal or multigrain bread (pre order only)*

#### Sandwiches

Ham/cheese	\$3.00
Egg/lettuce mayo	\$3.00
Chicken lettuce mayo	\$4.00
Ham salad	\$4.00
Chicken Salad	\$4.00

#### Toasties

Ham/Cheese	\$3.00
Chicken/Cheese	\$3.00

#### Burgers

Chicken Schnitzel	\$5.50
Sweet Chilli Burger	\$5.50

#### Wraps

Sweet chili chicken tender	\$5.50
Falafel salad with hummus	\$5.50
Chicken Caesar	\$5.50

#### Salads (pre-order only)

Chicken Caesar / Falafel / Garden salads	\$5.50
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### HEALTHY FOOD HEALTHY MINDS

#### HOT FOOD

#### SPECIALS

<b>Pasta</b> Cabonara – Bolognaise – Vegetarian- Gnocchi	\$5.00
Sausage Roll / Spinach Ricotta	\$3.50
Beef pie / Cheese bacon	\$4.00
Chicken wedges	\$2.50
Pizza Rounders	\$3.00
Fried rice/Mac n cheese/Lasagna	\$4.00

*Feel like something special? Choose from our tasty daily specials below. Specials changing every term!*

#### MONDAY

HOT CHIPS & GRAVY

#### TUESDAY

NACHOS (vegetarian available)

#### WEDNESDAY

MINI PIZZA DAY

#### THURSDAY (recess only)

HOT DOGS

#### FRIDAY

WEDGES WITH SOUR CREAM & SWEET CHILLI

**\*dietary requirements catered for via PRE-ORDER ONLY**

#### DRINKS

Water 600mL	\$2.00
Flavoured milk 300mL	\$2.50
Flavoured milk 600mL	\$4.00
<i>Chocolate/strawberry/banana/vanilla malt</i>	
Fruit juice 250mL	\$2.50
Fruit Juice 600ml	\$4.00
<i>Orange/orange mango/orange passionfruit/apple</i>	
Juice Bombs	\$2.50
<i>Grape/ Orange/ Berry</i>	
Poppers	\$1.50
Cans soft drink (sugar-free)	\$2.50

#### SNACKS

Assorted muffins	\$1.00
Assorted chips	\$1.00
Assorted Ice blocks	from \$1.00
Super doopers	\$0.50
Frozen yoghurts	\$2.50
Fruit cups	\$3.00
Vegie Sticks with hummus	\$2.50

#### Canteen tip

*Pre-order your lunch on Flexi schools or at the canteen in the mornings!  
Pick up at recess or lunch*