



Pacific Hills Canteen Menu

Term 2, 2009. Prices subject to change without notice.

HOT FOOD

Chicken Burger (lettuce & mayo) _____	\$3.50
Sweet Chilli Chicken Burger (lettuce & tomato) _____	\$3.70
Chicken & Corn Roll _____	\$1.60
Cheese & Bacon Scroll _____	\$2.30
Macaroni Cheese _____	\$2.80
Meat Pie _____	\$3.00
Chinese Fried Rice _____	\$2.60
Singapore Noodles _____	\$2.60
Potato Pie _____	\$2.80
Sausage Roll _____	\$2.50
Spinach & Ricotta Roll _____	\$3.00

Sauces: (BBQ, Mustard, Thai Chilli, Tomato, Sweet/Sour) \$0.30

SANDWICHES/ROLLS

Let us know if you'd like salt, pepper, onion (no extra charge).

Salad (tasty cheese & variety of seasonal veggies) _____	\$3.00
Salad with Ham, Tuna or Egg _____	\$4.00
Salad with Turkey (oven-roasted) _____	\$4.50

MAKE-YOUR-OWN FILLING

Roll or two pieces of bread _____	\$1.00
Ham, Tuna or Banana _____	\$1.00
Turkey (oven-roasted) _____	\$1.50
Cheese (tasty or Swiss), Egg (hard-boiled) _____	\$0.80
Tomato, Avocado _____	\$0.70
Lettuce, Beetroot, Carrot, Onion, Pineapple _____	\$0.50
Vegemite, Honey _____	\$0.90
Mayonnaise, Cranberry Sauce, Mustard _____	\$0.30

OTHER SPECIALS

WRAPS

Oven-Roasted Turkey wrap (with swiss cheese, avocado, mixed lettuce & cranberry sauce) _____ \$5.00

SUSHI

(Tuesdays & Thursdays only) _____ \$2.80
Teriyaki Chicken & Avo, Teriyaki Beef & Veggie,
Salmon & Avo, Tuna & Cucumber, Veggie & Sweet Ginger

Please let us know if you would like wasabi.

TASTY TREATS!

Fresh Seasonal Fruit _____	at market price
Muffins _____	\$1.70 (Chocolate, Apple/Cinnamon, Blueberry)
Gingerbread Man (organic) _____	\$2.00
Red Rock Chips (Honey Soy Chicken, Sea Salt) _____	\$1.00
Rice Crackers (Original, BBQ, BBQ Chicken) _____	\$0.80
Yoghurt Tub (various) _____	\$1.20
Yoghurt Gourmet (Mango/Passion or Berry) _____	\$4.00
Euco Drops (<i>not available to Junior students</i>) _____	\$0.80
Jelly Beans _____	\$0.70
Sunfruits _____	\$0.90

DELICIOUS DRINKS!

MILK—FRESH

Plain (300ml) _____	\$1.00
Chocolate or Strawberry (300ml) _____	\$1.80

MILK—BIG M UHT (Chocolate or Strawberry)

Popper container (250ml) _____	\$1.50
Bottle (500ml) _____	\$2.80

FRUIT JUICES (100%)

Popper (250ml) _____	\$1.20 (Apple, Apple & Blackcurrant, Apple & Mango, Orange, Tropical)
Bottled (300ml) _____	\$1.80 (Apple, Mango & Banana, Pineapple, Orange)

SPARKLING FRUIT DRINKS

Apple Isle (350ml) _____	\$2.00
OKF (245ml) (lemon, strawberry, grape, guava) _____	\$1.50

BOTTLED WATER

Large (600ml) _____	\$1.20
Small (350ml) _____	\$0.80

FROM THE FREEZER

NB: Junior School students cannot purchase frozen items at recess and only until 1.00pm at lunch-time.

Frozen Fruit Juice Cup (110ml) _____	\$0.60
Frozen Orange Quarter _____	\$0.40
Frozen Pineapple Ring _____	\$0.50
Icy Pole (lemonade) _____	\$1.00
Milo Ice Cream Cup _____	\$1.60
Triple Swirl on a Stick _____	\$1.40
Zooper Dooper _____	\$0.40



ORDERING: Please use paper lunch bags. Write student's name, class & food/drinks requested plus the menu price, how much money is enclosed & any change expected. Bags from the Canteen cost 10¢ each. Orders must be in by 9.00am.