

LAMBTON HIGH CANTEEN

WINTER MENU 2024

SNACKS

ORANGE TUBS	\$1.50	E
SEASONAL FRUIT TUBS	\$2.00	E

Rt takes please.

HOMMUS & CRACKERS	gf	\$3.00	<u>E</u>
HOMMUS & CARROT STICKS	gf	\$3.00	<u>E</u>
FLAVOURED YOGHURT TUBS	gf	\$2.20	<u>E</u>
CHEESE & CRACKERS	gf	\$2.00	<u>E</u>
DIP & RICE CRACKERS	gf	\$4.00	<u>E</u>

RED ROCK SEA SALT CHIPS 28G	\$2.00	O
GRAINWAVES SOUR CREAM & CHIVES	\$2.00	O
1/2 BANANA BREAD SLICE	\$1.40	O
LOW FAT CHOC MUFFIN	\$3.00	O
LOW FAT APPLE MUFFIN	\$3.00	O
LOW FAT BLUEBERRY MUFFIN	\$3.00	O

BREAD PRODUCTS

WHITE BREAD ROLLS	\$1.00	E
MULTIGRAIN BREAD ROLLS	\$1.00	E

LETTUCE & MAYO ROLLS	\$2.00	E
HOT CHEESE ROLLS	\$2.40	E
5" GARLIC BREAD	\$2.00	O

SANDWICHES/ ROLLS

(M/GRAIN OR WHITE) NO BUTTER

CHEESE	\$3.00	E
CHEESE & TOMATO	\$3.50	E
HAM & CHEESE	\$4.00	E
HAM, CHEESE & TOMATO	\$4.50	E
HAM, CHEESE & LETTUCE	\$4.50	E
EGG & LETTUCE	\$3.50	E
ROAST BEEF & PICKLES	\$5.00	E
ROAST BEEF & TOMATO	\$5.00	E
CHICKEN, LETTUCE & MAYO	\$4.50	E
CHICKEN, CHEESE & AVOCADO	\$5.50	E
SALAD	\$4.50	E
CHEESE SALAD	\$5.00	E
HAM SALAD	\$6.00	E
EGG SALAD	\$6.00	E

ADD MAYO 50c CHEESE SLICE 50c AVOCADO \$1.50

TOASTED SANDWICHES (m/grain or white)

CHEESE	\$3.00	E
CHEESE & TOMATO	\$3.50	E
HAM & CHEESE	\$4.00	E

HAM, CHEESE & TOMATO	\$4.50	E
CHICKEN & CHEESE	\$4.50	E
CHICKEN, CHEESE & AVOCADO	\$5.50	E
BABY SPINACH, RED ONION, TOMATO & CHEESE	\$4.00	E
BABY SPINACH, RED ONION, TOMATO & AVOCADO	\$5.00	E
BABY SPINACH, RED ONION, TOMATO, AVOCADO & CHICKEN	\$6.50	E

TOASTED WRAPS

CHEESE & TOMATO	\$3.50	E
HAM & CHEESE	\$4.00	E
HAM, CHEESE & TOMATO	\$4.50	E
CHICKEN & CHEESE	\$4.50	E
CHICKEN, CHEESE & AVOCADO	\$5.50	E
BABY SPINACH, RED ONION, TOMATO & CHEESE	\$4.00	E
BABY SPINACH, RED ONION, TOMATO & AVOCADO	\$5.00	E
BABY SPINACH, RED ONION, TOMATO, AVOCADO & CHICKEN	\$6.50	E
NACHO MINCE & CHEESE	\$4.50	E

SALAD WRAPS

SALAD WRAP (lettuce, grated cheese, carrot, tomato & cucumber)	\$5.00	E
CHICKEN SALAD WRAP (lettuce, grated cheese, carrot, tomato, cucumber & chicken)	\$6.50	E
HAM SALAD WRAP (lettuce, grated cheese, carrot, tomato, cucumber & ham)	\$6.50	E

ROAST BEEF SALAD WRAP (lettuce, grated cheese, carrot, tomato, cucumber & roast beef)	\$7.00	E
EGG SALAD WRAP (lettuce, grated cheese, carrot, tomato, cucumber & egg)	\$6.50	E

ADD EGG \$1.50 AVOCADO \$1.50 MAYO 50c (gluten free)

SALAD TUBS

SALAD TUB (LETTUCE BLEND, CARROT, CHEESE. CAPSICUM, TOMATO, CUCUMBER, RED ONION & SHALLOTS)	gf	\$5.00	E
CHICKEN SALAD TUB (LETTUCE BLEND, CARROT, CHEESE. CAPSICUM, TOMATO, CUCUMBER, RED ONION & SHALLOTS)	gf	\$6.50	E
EGG SALAD TUB (LETTUCE BLEND, CARROT, CHEESE. CAPSICUM, TOMATO, CUCUMBER, RED ONION & SHALLOTS)	gf	\$6.50	E
HAM SALAD TUB (LETTUCE BLEND, CARROT, CHEESE. CAPSICUM, TOMATO, CUCUMBER, RED ONION & SHALLOTS)	gf	\$6.50	E
½ EGG & ½ CHICKEN SALAD TUB (LETTUCE BLEND, CARROT, CHEESE. CAPSICUM, TOMATO, CUCUMBER, RED ONION & SHALLOTS)	gf	\$6.50	E

DRESSINGS & SAUCES

TOMATO SAUCE PC	40c	E
BBQ SAUCE PC	50c	E
SWEET & SOUR PC	50c	E
FRENCH DRESSING	60c	E

CAESAR DRESSING	60c	E
RANCH DRESSING	60c	E
ITALIAN DRESSING	60c	E
GARLIC AIOLI DRESSING	60c	E
BALSAMIC DRESSING	60c	E

HOT MEALS (CANTEEN MADE)

SUBJECT TO AVAILABILITY

BASIL PESTO PASTA	<u>V</u>	\$4.50	E
BASIL PESTO PASTA WITH CHICKEN		\$6.00	E
PASTA BOLOGNAISE WITH CHEESE		\$6.00	E
ROASTED VEGETABLE CHILLI PASTA	<u>V</u>	\$6.00	E
THAI PUMPKIN SOUP	<u>V</u>	\$5.50	E

5 DAYS OF FOOD

<u>MONDAY</u>	CHILLI CHICKEN & CHEESE WRAPS \$4.50
<u>TUESDAY</u>	TOASTED SANDWICHES m/grain & white
<u>WEDNESDAY</u>	TOASTED WRAPS

<u>THURSDAY</u>	BEEFBURGER (NZ beef Patty, lettuce, tomato & BBQ or tomato sauce) \$5.50 CHEESEBURGER (NZ beef patty, lettuce, tomato, melted cheese & BBQ or tomato sauce) \$6.00 VEGIE BURGER (crispy vegie patty, lettuce, tomato, carrot & sweet chilli sauce) \$5.50
<u>FRIDAY</u>	TOASTED WRAPS

FROZEN TREATS

BULLA LITE ICE CREAM TUB	gf	\$2.00	E
QUELCH FRUIT STICKS	gf	\$1.00	E
TWISTED FROZEN YOGURT	gf	\$3.20	E

DRINKS

300ml CHOCOLATE CLASSIC	\$2.40
300ml STRAWBERRY CLASSIC	\$2.40
500ml CHOCOLATE CLASSIC	\$4.20
500ml STRAWBERRY CLASSIC	\$4.20
500ml DARE DOUBLE ESPRESSO	\$4.80
500ml lactose free DARE DOUBLE ESPRESSO	\$4.80
1 lt MILK	\$4.00

600ml WATER	\$2.00
1.5lt WATER	\$4.00
POPPERS	\$2.60
POPTOPS	\$2.60
FRUIT BOMBS	\$2.60
KOMBUCHA	\$3.60
UP & GO	\$3.30
CHILL ALOE	\$3.60
CHILL	\$3.60
SPARKLING WATER	\$3.80

**# PLEASE SEE STAFF FOR FOOD
INTOLERANCE MENU ITEMS**
**We have many gluten free products
available.**
Please order before school.