



LISAROW HIGH SCHOOL

CANTEEN MENU 2021

Breakfast from 7.45am

Cheese & Bacon Roll	\$2.50
Vegemite & Cheese Scroll	\$2.50
Toasted Ham & Cheese Wrap HM	\$2.00
Toasted Chicken & cheese wrap HM	\$2.50
Toast (1 slice and spread)	50c
Raisin Toast (1 Slice)	\$1.00
Hot Milo	\$2.00

Hot Meals

Pasta (tomato) V	\$4.00
Fried Rice V / HM	\$4.00
Fried Rice /chicken HM	\$5.00
Beef Lasagne	\$5.00
Mac Cheese V	\$5.00
Chicken Lasagne HM	\$5.00
Butter Chicken HM	\$5.00
Zucchini & Bacon Slice HM	\$4.50
Quiche V	\$5.00
Beef Burrito w/salad HM	\$5.00
Chick Burrito w/salad HM	\$5.00
Chick Hokkien Noodles HM	\$5.00

Hot Food

Spinach & Ricotta Roll HM	\$3.00
Sausage Roll	\$2.70
Pie	\$4.00
Garlic Bread	\$2.00
Noodle Cup	\$3.00
Pizza Sub HM	\$2.50
Hot Pizza Roll HM	\$3.50
Hot Mexican/Chick Roll HM	\$4.00
Hot Chick/Cheese with sweet chilli sauce HM	\$4.00
Chicken,cheese,avocado melt HM	\$3.00
Ham,tomato,cheese,pesto melt HM	\$3.00
Chicken Tender	\$2.00
GF Chicken Tender	\$2.00

Burgers

Vege Burger	\$5.00
Cheese Burger	\$5.00
Hamburger with salad	\$5.50
Mini Chicken Burger	\$4.00
Chicken Burger with salad	\$5.50
Lentil Burger V	\$6.00

Wraps

	Small	Whole
Chicken Caesar	\$4.50	\$5.50
Salad with Ham/Chick/Tuna/Beef	\$4.50	\$5.50
Salad with Cheese & Mayo	\$4.00	\$5.00

Sandwiches and Rolls

	S/W	Roll
Cheese	\$2.50	\$3.50
Ham & Cheese	\$3.50	\$4.50
Chicken & Cheese	\$4.50	\$5.50
Cheese & Tomato	\$3.00	\$4.00
Chicken, Lettuce & Mayo	\$4.50	\$5.50
Salad with Cheese	\$4.00	\$5.00
Egg, Lettuce and Mayo	\$4.00	\$5.00
Ham/Chick/Tuna/Beef	\$4.50	\$5.00
Margarine only	\$1.00	\$2.00

Extras

Cheese	50c
Avocado	\$1.50
Pineapple	\$1.00
Tomato sauce	30c
Toasting	no charge
GF Bread add	\$1.00

Salad Tubs

Salad	\$4.00
Salad & Cheese	\$4.50
Salad Ham/Chick/Tuna	\$5.50
Salad & Egg	\$5.00
Chicken Caesar	\$5.50

Snacks

Red Rock Chips	\$1.50
Grainwaves	\$1.50
Fresh Fruit Salad	\$2.50
Yoghurt and Fruit	\$2.50
Chocolate Mousse	\$1.00
Cheese & Crackers	\$1.50
Popcorn GF	\$1.00

Drinks

Iced Tea	\$4.00
Water	\$2.00
Large Water	\$4.00
Juice Bomb	\$2.00
OAK Chocolate	\$2.50
Orchy	\$2.50
Up & Go	\$2.50
Plain Milk 600mls	\$2.50
300ml Flavoured Milk	\$2.50
500ml Flavoured Milk	\$4.00
No Sugar Coke	\$3.00
Vitasov	\$4.00

Frozen Snacks

Quelch Sticks	50c
Juice Cups	\$1.00
Paddle Pop	\$2.00
Frozen Yoghurt	\$2.50
Snap Stix	\$1.00
Vanilla Ice Cream Tub GF	\$1.50

Key

Gluten Free	GF
Home Made	HM
Vegetarian	V