



LISAROW HIGH SCHOOL

CANTEEN MENU 2024

Breakfast from 7.45am

Cheese & Bacon Roll	\$3.00
Vegemite & Cheese Scroll	\$3.00
Toasted Ham & Cheese Wrap HM	\$2.50
Toasted Chicken & cheese wrap HM	\$3.00
Toast (1 slice and spread)	\$1.00
Raisin Toast (1 Slice)	\$1.50
Hot Milo	\$2.00

Hot Meals

Pasta (tomato) V	\$4.50
Fried Rice Vegan / GF	\$4.50
Fried Rice HM	\$5.50
Fried Rice /chicken HM	\$7.50
Beef Lasagne	\$5.00
Mac Cheese V	\$5.00
Chicken Lasagne HM	\$6.00
Butter Chicken HM	\$5.50
Zucchini & Bacon Slice HM	\$4.50
Mini Quiche V HM	\$2.50
Beef Burrito w/salad HM	\$7.50
Chick Burrito w/salad HM	\$7.50

Hot Snack Food

Spinach & Ricotta Roll HM	\$3.00
Sausage Roll	\$3.00
Pie	\$4.50
Garlic Bread	\$2.50
Noodle Cup	\$3.00
Pizza Sub HM	\$3.00
Hot Pizza Roll HM	\$5.00
Hot Mexican/Chick Roll HM	\$5.00
Hot Chick/Cheese with sweet chilli sauce HM	\$5.00
Chicken,cheese,avocado melt HM	\$4.00
Ham,tomato,cheese,pesto melt HM	\$4.00
Chicken Tender	\$2.00
GF Chicken Tender	\$2.50

Burgers

Chicken Tender Sub	\$5.50
Cheese Burger	\$5.50
Hamburger with salad	\$6.50
Chicken Burger (lett/tom/mayo)	\$6.50
Lentil Burger V	\$7.00
Vegie Burger V	\$7.00

Wraps

	Half	Whole
Chicken Caesar	\$4.00	\$8.00
Salad with Meat	\$4.00	\$8.00
EXTRAS SEE BELOW		

Sandwiches and Rolls

	S/W	Roll
Cheese	\$3.50	\$4.50
Cheese & Tomato	\$4.00	\$5.00
Ham & Cheese	\$4.50	\$5.50
Chicken & Cheese	\$4.50	\$5.50
Egg, Lettuce and Mayo	\$4.50	\$5.50
Ham/Chick/Tuna/Beef	\$4.50	\$5.50
Chicken, Lettuce & Mayo	\$5.50	\$6.50
Salad with Cheese	\$5.50	\$6.50
Salad with Meat	\$6.50	\$7.50

Extras

Cheese	\$1.00
Avocado	\$2.00
Pineapple	\$1.00
Egg	\$1.00
Tomato sauce	30c
Chicken/Ham/Tuna	\$2.50
GF Bread add	\$2.00

Snacks

Red Rock Chips	\$1.50
Grainwaves	\$1.50
Watermelon Tub	\$2.50
Chocolate Mousse	\$1.00
Popcorn GF	\$1.00
Chocolate Brownie HM	\$2.50

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

Salad Tubs

Salad	\$4.50
Salad & Cheese	\$5.50
Salad Ham/Chick/Tuna	\$6.50
Chicken Caesar (small)	\$6.50
Chicken Caesar (large)	\$8.00

Drinks

Iced Tea	\$4.50
Water	\$2.00
Large Water	\$4.00
Juice Bomb 250/500ml	\$2.50/4.50
Nippys Iced Choc/Coffee	\$2.50
Orchy Juice	\$2.50
Up & Go	\$3.00
300ml Flavoured Milk	\$2.50
500ml Flavoured Milk	\$4.50
No Sugar Coke	\$3.00

Key

Gluten Free	GF
Home Made	HM
Vegetarian	V