



# Healthy Kids Canteen Menu Lyneham High School

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Term 3  
2020

## Daily hot specials

Baguette sub - meatballs & cheese	\$6.00
Toasted wraps (chicken & cheese, veggie)	\$5.00
Burgers (beef, chicken & veggie)	\$6.00
Potato wedges	\$4.50
Pizza (meat, margherita, chicken)	\$4.00
Spaghetti bolognese	\$5.00
Veggie pasta	\$4.50
Beef burrito - wrapped in a tortilla	\$6.00
Loaded wedges - beef mince, salsa & cheese	\$5.00
Warm crispy chicken wrap	\$6.00
Warm falafel wrap	\$6.00

## Sandwiches & wraps

Vegemite - with margarine	\$3.00
Cheese & tomato	\$4.50
Salad: lettuce, carrot, tomato, cucumber, beetroot	\$4.50
Egg, lettuce & mayo	\$4.50
Chicken, lettuce & mayo	\$5.00
Chicken & salad	\$5.00
Ham & salad	\$5.00
Chicken caesar	\$6.00
Buttered roll	\$2.00

## Extras for sandwiches & wraps

Lettuce, beetroot, carrot, cucumber, tomato	\$0.60
Mayo, hommus	\$0.60
Rolls	\$1.00
Ham, chicken, egg, avocado	\$1.20
Cheese	\$0.50

## Toasted sandwiches/focaccia

Cheese	\$4.00
Cheese & tomato	\$4.50
Ham & cheese	\$4.50
Chicken, cheese & tomato	\$5.00
Ham, cheese & tomato	\$5.00

## Snacks

Piece of fruit	\$1.50
Cheese and crackers	\$2.50
Koala Popcorn (lightly salted, BBQ or chicken)	\$2.50
Yoghurt (assorted flavours)	\$2.80
Berry muffins	\$2.50
Banana bread	\$1.70
Chocolate mousse cup	\$2.50
Milo bar	\$2.00

## Drinks

Water: 600ml	\$2.00
Juice (tropical, apple)	\$2.00
Plain milk: 300ml	\$2.00
Plain milk: 500ml	\$3.00
Flavoured milk (choc, strawberry): 300ml	\$3.00
Flavoured milk (choc, strawberry): 500ml	\$4.50
Glee lightly sparkling juice (blackcurrant, tropical, raspberry)	\$3.20
Up & Go (chocolate, caramel)	\$3.00