

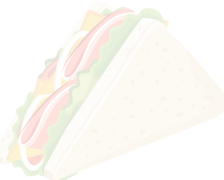


CANTEEN PRICE LIST 2024

Lake Macquarie High School

SANDWICHES/ROLLS

Cheese salad	\$4.50
Cheese & tomato	\$4.00
Chicken, lettuce, LF mayo	\$4.50
Chicken salad	\$5.20
Egg & lettuce	\$4.10
Ham & cheese	\$4.10
Ham, cheese & tomato	\$4.50
Ham salad	\$4.60
Roast beef, cheese, pickles	\$4.50
Roast beef & Coleslaw	\$4.50
Salmon & tomato	\$4.50
Salmon & Salad	\$5.20
Tuna & Tomato	\$4.10



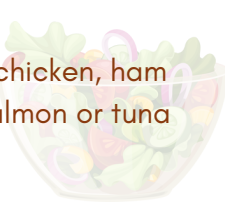
WRAPS

Chicken/lettuce/LF mayo	\$4.50
Chicken/lettuce/LF mayo/cheese	\$5.00
Chicken/lettuce/sweet chilli sauce/cheese	\$5.00
Ham, cheese & salad	\$4.50
Salad wrap	\$4.50
Chicken ceasar wrap	\$7.50



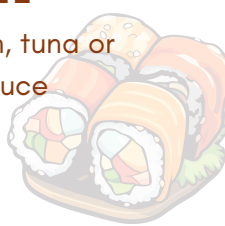
SALAD BOWL

Salad bowl GF	\$6.10
Choose from chicken, ham Roast beef, salmon or tuna	
Egg salad bowl GF	\$5.50
Garden salad bowl GF, V	\$4.40
Caesar salad bowl	\$6.10
Chicken caesar salad bowl	\$7.50



SUSHI ROLL

Salmon or Teriyaki chicken, tuna or vegetarian GF with soy sauce	\$4.50
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HOT FOOD

Toast x 2 (mornings only)	\$1.00
Cheeseburger (lite beef pattie, cheese & BBQ sauce)	\$4.00
Beef burger with salad	\$4.50
Beef burger with ham & salad	\$4.90
Ham & egg roll	\$4.20
Chicken & gravy roll	\$4.50
Chicken & cheese reoll	\$5.10
Meatball sub	\$4.50
Lasagne	\$5.00
Home made; Fried rice	\$5.00
Ham & zucchini fritatta	
Spaghetti bolognaise	
Spaghetti & meatballs	
Honey/soy/garlic beef stirfry	
Flame grilled chicken burger (lettuce, LF mayo)	\$4.60
Flame grilled chicken wrap (lettuce, tomato, cheese, sweet chilli sauce)	\$4.90
Cheese & ham roll	\$2.60
Toasted ham, cheese, tomato	\$4.50
English muffin (ham/cheese or vegemite/cheese)	\$2.30
Homemade soup; pumpkin chicken noodle	\$5.00
HLT (ham, lettuce, tomato)	\$4.00
Fantastic noodle cup 70G (beef or chicken)	\$3.10
Hash brown	\$1.50
Garlic bread (Thompsons)	\$1.50
Lean beef pie (Thompsons) 180g	\$3.70
Potato pie (Thompsons) 250g	\$3.90
Lean sausage roll (Thompsons) 120g	\$3.20
Spinach & ricotta roll 90g	\$3.60
Vegetable pastie (Thompsons) 150g	\$4.10
OzBake pizza wrap; cheese meat & cheese	\$4.30
Hawaiian	
Vegetarian	
BBQ chicken	



EXTRAS: SAUCE \$0.40

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COLD DRINKS




Smarter white 1L	\$3.40
Oak flavoured milk 300mL	\$2.80
Strawberry, chocolate	
Oak flavoured milk 500mL	\$3.80
Strawberry, chocolate	
Oak thickshake 425mL (cookies & cream)	\$3.80
Up and Go 250mL	\$2.80
Vanilla ice, chocolate ice, banana, strawberry, caramel	
Just Juice popper 200mL	\$2.00
Orange, Apple blackcurrant, apple, paradise punch	
Orchy fruit juice 250mL	\$2.80
Orange, Apple blackcurrant, apple, pineapple	
Water 600mL - 1.5L	\$2.20 - \$3.10
Juice bombs	\$2.80
Grape, apple raspberry, watermelon, orange passio	
Tea gardens kombucha	\$3.70
Pomegranate & apple, mango, wildberry, lemon/lime	
Waterfords light & fruity 475mL	\$2.80
Passionfruit, raspberry, blackcurrant	
Ice Break ice coffee 500mL	\$3.80
Cans (no sugar) 375mL	\$3.00
Coke, Solo, Pepsi Max, Creaming soda Sunkist, Sprite	
Chill ice tea 500mL	\$4.10
Peach, watermelon green	
Lipton lite tea Lemon 500mL	\$4.10
Milo original 240mL can	\$4.00

SCHOOL NEEDS



Pen	\$0.50
Book	\$2.00

ICE BLOCKS



Frozen juice cup (Bevco, apple blackcurrant)	\$1.30
Ice mony freeze pop	\$1.20
TNT sour strawberry, TNT sour red berry, TNT sour watermelon	
Juicies 105mL	\$1.50
Lemonade, tropical, wildberry	
Moosie	\$1.50
Chocolate, blue moon	
Paddle pops	\$2.30
Chocolate, rainbow	
Twisted frozen yoghurt	\$3.00
Chocolate, vanilla	

OTHER



Fruit salad bowl	\$4.50
Watermelon bowl	\$4.00
Pineapple bowl	\$3.40
Piece of fruit	\$1.50
Apple, orange, pear, banana or Kiwi	
Vaaliala yoghurt	\$3.00
French vanilla, passionfruit	
Vege snack box & avocado dip	\$4.50
Crispy fruit (freeze dried)	\$2.20
Mango, pear, strawberry	
Thompsons muffin	\$2.60
Chocolate, blueberry	
Red Rock sea salt chips 28g	\$1.60
Smiths salt & vinegar 27g	\$1.60
Sunbites Grainwaves 28g	\$1.60
Sour cream & chive	
Sunbites popcorn 28g	\$1.90
Sea salt	
Chicken JJ's 20g	\$1.60