



Lake Macquarie High School Canteen Price List 2025



Sandwiches/Rolls

Cheese Salad	5.50
Cheese & Tomato	4.50
Chicken, Lettuce, LF Mayo	5.50
Chicken Salad	6.00
Egg & Lettuce	4.80
Curried Egg	4.80
Egg Salad	6.00
Ham & Cheese	4.80
Ham, Cheese & Tomato	5.50
Ham Salad	6.00
Roast Beef, Cheese, Pickles	5.50
Roast Beef, Tomato,	5.50
Roast Beef & Coleslaw	5.50
Roast Beef & Salad	6.00
Salmon & Tomato	5.50
Salmon & Salad	6.00
Tuna & Tomato	4.80
Vegemite	4.00

Wraps

Chicken/Lettuce/LF Mayo	5.50
Chicken/Lettuce/LF Mayo/Cheese	6.00
Chicken/Lettuce/ Sweet Chilli Sauce/Cheese	6.00
Chicken, Cheese & Salad	6.20
Ham, Cheese & Salad	6.00
Salad Wrap	5.50
Egg Salad Wrap	6.00
Chicken Caesar Wrap	7.50
Hawaiian Wrap	5.50

Salad Bowl

Salad Bowl GF	6.50
Choose Chicken, Ham, Roast Beef, Salmon or Tuna	
Egg Salad Bowl GF	6.00
Garden Salad Bowl GF V	5.00
Caesar Salad Bowl	6.00
Chicken Caesar Salad Bowl	7.50
Pesto Pasta, Vegie Pasta	5.00
Greek Salad, Chicken&Thousand Is	5.00

Sushi Roll (When Available)

Salmon or Teriyaki Chicken GF or Tuna or Vegetarian GF All with Soy Sauce GF	5.00
Chicken Rice Paper Rolls	5.00

Hot Food

Toast x2 (mornings only)	1.00
Cheeseburger, Lite Beef Pattie, Cheese & BBQ Sauce	4.50
Beef Burger with Salad	5.00
Beef Burger with Ham & Salad	5.50
Ham & Egg Roll	5.00
Chicken & Gravy Roll	5.00
Chicken & Cheese Roll	5.20
Seasoned Pulled Beef Roll	5.50
Meatball Sub	5.00
Lasagne or Mac N Cheese	6.00
Home Made - Fried Rice, Ham & Zucchini Frittata, Spaghetti Bolognaise, Spaghetti & Meatballs, Honey/Soy/Garlic Beef Stirfry	6.50
Butter Chicken & white rice	6.50
Flame Grilled Chicken Burger, Lettuce, LF Mayo	5.00
Flame Grilled Chicken Wrap, Lettuce, Tomato, Cheese, Sweet Chilli Sauce	6.00
Cheese & Ham Roll	2.60
Cheesyte or Pizza Scroll	3.50
Toasted Ham/Cheese/Tomato	5.50
English Muffin, Ham/Cheese or Vegemite/Cheese	2.50
Homemade Soup Pumpkin, Chicken Noodle	6.00
HLT Ham, Lettuce, Tomato	5.00
Fantastic Noodle Cup 70g Beef or Chicken	3.20
Hash Brown	1.50
Garlic Bread - Thompsons	1.60

Hot Food cont'

Lean Beef Pie - Thompsons 180g	4.10
Lean Potato Pie - Thompsons 250g	4.50
Lean Sausage Roll-Thompson's 120g	3.30
Spinach & Ricotta Roll 90g	3.80
Vegetable Pastie 75g	3.10
Hot Chocolate	3.00

Cold Drinks

Skim 2 Litre	4.50
Oak Flav Milk 300ml	3.00
Chocolate, Strawberry	
Oak Flav Milk 500ml	4.00
Chocolate, Strawberry	
Ice Break Ice Coffee 500ml	4.00
Up and Go 250ml	3.00
Vanilla Ice, Choc Ice	
Banana, Strawberry, Caramel	
Just Juice Popper 200ml	2.00
Orange, Apple Blackcurrant	
Apple, Paradise Punch	
Orchy Fruit Juice 250ml	3.00
Orange, Apple Blackcurrant	
Apple, Pineapple	
Water 600ml	2.20
600ml Pop top	2.30
750ml Pop top	2.60
1.5 Litre	3.50
Juice Bombs	3.00
Grape, Apple Raspberry	
Watermelon, Orange Passio	
Waterfords Light & Fruity 375ml	3.00
Lemon Lime Bitters	
Diet Rite 375ml	3.00
Pasionfruit, Pine/Lime,	
Orange/Mango	
Cans (no sugar) 375ml	3.00
Coke, Solo, Pepsi Max, Sprite	
Sunkist, Vanilla Pepsi Max,	
Chill Ice Tea 500ml	4.20
Peach, Watermelon Green	
Lipton Lite Tea Lemon 500ml	4.20

Extras: Sauce .40

Prices Subject to Change

Ice Blocks

Frozen Juice Cup – Bevco,	1.30
Apple Blackcurrant	
Ice Mony Freeze Pop TNT	1.30
Sour Strawberry.	
Watermelon, Sour Blue	
Raspberry, Sour Grape Blast	
Juicies 105ml	1.70
Lemonade, Tropical, Wildberry	
Vanilla Ice Cream Cup	1.60
Moosie Chocolate	1.60
Paddle Pops	2.30
Chocolate, Rainbow	
Twisted Frozen Yoghurt	3.10
Mango & Watermelon	

Other

Fruit Salad Bowl	5.00
Watermelon Bowl	4.00
Pineapple Bowl	4.00
Rockmelon Bowl	4.00
Grape Bowl	4.00
Piece of Fruit	2.00
Apple. Orange, Pear,	
Banana, Kiwi	
Vaalia Yoghurt	3.00
French Vanilla, Passionfruit,	
Apricot & Mango	
Pauls Vanilla Custard 160g	3.00
Vege Snack Box & Avo Dip	4.50
Crispy Fruit (Freeze Dried)	2.80
Mango, Pear, Strawberry	
Thompson's Muffin	2.60
Chocolate, Blueberry	
Red Rock Sea Salt Chips 28g	1.70
Sunbites Grainwaves 28g	1.70
Sour Cream & Chive	
Sunbites Popcorn 28g	2.00
Sea Salt	
The Natural Chip Co. 19g	1.70
Honey/Soy/Garlic	

School Needs

Pen	.50
Book	2.00

EVERYDAY Items

OCCASIONAL Items

