



**Sandwiches Rolls & Wraps**

**White/wholemeal/Multigrain**

**Ingredients**

Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado **with** Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches		\$4.50
Rolls		\$5.00
Wraps	Half	\$3.30
Wraps	Whole	\$6.00
Focaccia	Grilled	\$5.50

**Salads**

Chicken Caesar	\$6.00
Chicken Salad	\$6.00
Vietnamese Noodle Salad	\$6.00
Ham or Beef Salad	\$6.00
Roasted Moroccan Vegie Salad	\$5.00
Pasta Salad	\$4.20
Fresh Fruit (whole)	\$1.20
Fruit Salad	\$4.20
Mixed Berry Yoghurt Pots	\$4.00

**SEATON HIGH SCHOOL**

**Metropolitan Canteens**

Prices effective from January 2019



**From our Resident Nutritionist Stephanie Wearne**

**From BodygoodFood**

**Web: www.bodygoodfood.com.au**

Banana & Coconut Bread (Homemade)	\$3.90
Quinoa Salad	\$5.50
Roast Beef Wrap with spinach, Relish Red Onion & Mustard	\$6.50
Muesli Slice (Homemade)	\$3.90
Rice Paper Rolls (2 medium)	\$5.50
Sushi variety	\$3.30ea

**THE BAKERY**

**All made on site (low fat)**

Cookies	Homemade	\$1.00
Muffins	Homemade	\$3.00
Slices	Commercial	\$4.40
Slices	Homemade	\$4.40



**THE BAKERY**

**Continued**

**All made on site (low fat)**

Sausage Rolls	Homemade	\$2.30
Spinach & Ricotta Rolls		\$4.50
Quiche		\$4.50
Pasties	from	\$4.00
Pies	homemade	\$5.00
Pies	Commercial	\$4.60

Croissant	Ham & Cheese	\$3.50
Croissant	Cheese & Tomato	\$3.50

**Burgers & Buns**

Chicken Schnitzel	\$5.50
Grilled Chicken	\$5.50
Beef Burgers	\$5.50
Hot Chicken & Gravy	\$5.50
Vegetarian Burger	\$5.50
Hot Chicken & Mayo Rolls	\$5.50
Hot Dogs Plain with sauce	\$4.20
Hot Dogs with Cheese & Bacon	\$4.50

**MEAL SPECIALS**

**Pasta Dishes**

Pasta Bake	\$5.50
Beef Lasagne	\$5.50
Beef Ravioli	\$5.50

**Rice Dishes**

Butter Chicken	\$5.50
Fried Rice	\$5.50
Red Thai Curry	\$5.50

**Other Meals**

Roast Meat with Roast vegetables	\$6.00
Baked Potato with Toppings	\$5.50
Chicken Parmi and Chips	\$5.50
Vegetarian Nachos	\$5.00
Sweet Chilli Chicken Wrap	\$5.50
Burritos	\$5.50
Oven Baked Fries	\$3.00
Oven Baked Wedges	\$5.00
Hot Chips Fridays only	\$4.00
Yiros	\$5.50

Many more varieties will be available during the course of the year such curries and casseroles.

**Check the school Bulletin and other  
Canteen Notice Boards for daily  
specials**

**Canteen Price List**

Prices effective from January 2019



**VEGETARIAN & HALAL & GLUTEN FREE  
OPTIONS AVAILABLE**



**Breakfast**

Available from 8-00am

Bacon and Egg Roll	\$4.70
Bacon and Egg Muffin	\$4.60
Egg Bacon & Sausage Wrap & Hash Brown	\$5.50
Hashbrown oven baked	\$1.00



**Drinks**

600ml Water	\$2.70
750ml Water	\$3.50

**DRINKS  
Continued**

600ml Flavoured Milk	\$4.50
375ml Flavoured Milk	\$4.00
Up and Go Milk	\$3.00
Just Juice	\$2.20
Fruit Juice 500ml	\$4.00



**Ice Creams**

Selection of approved ices available from canteen

**Slushies**

Fruit Juice	small	\$2.00
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**Crisps**

Red Rock Potato Crisps 28gm	\$2.00
Vege Chips 27gm	\$2.00

**MISCELLANEOUS**

**Breakfast**

Start your day with a good filling breakfast and early is a good time to pre order and pay for lunch to avoid the queues.

**Other snacks**

such as Dim Sims Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets (all oven baked) will be available on a rotating basis from time to time.