SEATON HIGH
SCHOOL
Metropolitan Canteens
Prices effective from January 2019

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

THE BAKERY
All made on site (low fat)

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

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

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

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Continued

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Canteen Price List
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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

**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 as curries and casseroles.

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

**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

**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.