

# SGHS Canteen Menu

Healthy Food Coding  
Everyday (E)  
Occasional (O)  
Vegetarian (V)  
Vegan (VG)  
Gluten Free (GF)  
Halal (H)  
\*Qkr! Order Only



## Breakfast

Cheese Toasties (V,E)	\$4.00
Cheese & Tomato Toasties (V,E)	\$4.50
Ham & Cheese Toasties (E)	\$5.00
Ham, Cheese & Tomato Toasties (E)	\$5.50

## Sandwiches & Toast

Cheese (V,E)	\$4.00
Tomato & Cheese (V,E)	\$4.50
Chicken & Lettuce (E)	\$5.00
Chicken Focaccia (E)	\$5.00
Chicken & Avocado (E)	\$5.50
Tomato, Cream Cheese & Avocado (E)	\$5.50
Smoked Salmon & Cream Cheese (E)	\$6.00
Ham & Cheese (E)	\$5.00
Ham, Cheese & Tomato (E)	\$5.50

## Burgers & Rolls

Cheese Beef/Chicken Burger (E)	\$6.00
Chicken Chilli Tender Roll (E)	\$5.00

## Pides

Beef/Chicken & Mushroom/Spinach & Cheese	\$4.00
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## Cold Snacks

Quelch Stick/Frozen Juice Cup (E)	\$1.00
Moosie (O)	\$2.00
Paddle Pop/ Frozen Bulla Yoghurt (O)	\$3.00
Frozen Mango(E)	\$1.50
Bulla Vanilla (O)	\$2.00
Calippo Mini (O)	\$2.50

## Chips & Snacks

Red Rock/Grain Waves/Veg Straws(O)	\$2.00
Banana bread (O)	\$2.50
Eucalyptus Drops (O)	\$1.00

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## Packed Hot Food

Lasagna Beef(H), Vegetarian (E)	\$5.50
GF Beef Lasagne (E)	\$6.00
Italian Pizza Margherita (E)	\$5.50
Pizza Slab Meat & Cheese/BBQ	\$5.50
Chicken/Hawaiian/Cheese/Vege (H,E)	
Rice with Butter Chicken/Teriyaki	\$5.50
Chicken/Beef Bulgogi(E) (Medium)	
Lite Beef Pie (E)	\$5.50
Chicken Fried Rice (Medium) (E)	\$5.50
Vegan Fried Rice (Medium) (VG)	\$5.50
Samosas 2pc (O,V)	\$4.50
Curry Puffs 3pc (O,V)	\$4.50
Plain Steamed Rice (GF) (E) (VG)	\$2.50

## Drinks

Mineral Water (E)	\$1.50
Sparkling Water (E)	\$3.50
Aloe Chill	\$3.50
Original/Lychee/Watermelon/Peach/ Pomegranate/Grape (O)	
Eastcoast Juice Apple/Apple & Blackcurrant/Lemonade/Orange (E)	\$3.00
Sparkling Juice Glee Various Fl (E)	\$2.50
Just Juice 100% Varius Flavours (E)	\$2.00
Fruit Punch** (O)	\$3.50
Chocolate Milk (E)	\$4.00
Up & Go Chocolate/Strawberry (E)	\$2.50
M20 Chocolate/Strawberry (E)	\$3.00
Fruits Milkshake** (O)	\$4.00

\*\* Canteen Prepared Freshly



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## Daily Specials Freshly Prepared by Canteen

Asian Stirred Fried Rice & Noodles	<b>\$5.50</b>
Italian Pasta	<b>(Medium)</b>
Roasted Veggie Box	<b>\$7.50</b>
Greek Salad Skewers box	<b>(Large)</b>
Assorted Salads	<b>\$8.00</b>
Cold Pasta Salads	<b>(Lunch Box)</b>



Pre-Order available Via QKR!

## Onigiri Mon & Wed counter sales only

Tuna Mayo	<b>\$3.70</b>
Spicy Tuna	
Sweet Chilli Salmon	
Teriyaki Chicken	

## Friday Sushi Boxes counter sales only

Assorted Sushi Boxes of:	<b>\$7.50</b>
Avocado, Tuna, Mixed Tuna Avo Cucumber, Chicken Schnitzel,	
Mini Raw Salmon, Salmon Avo, California(Crabstick),	<b>\$8.00</b>