

# TOMAREE HIGH SCHOOL CANTEEN MENU 2025

## HOT FOOD

|   |      |
|---|------|
| Pies - Plain (low fat).....                                       | 4.00 |
| Sausage Roll (low fat).....                                       | 3.00 |
| Chicken Burger Flame-grilled<br>(Wholemeal).....                  | 4.00 |
| Lite Beef and Cheese Burger<br>(Wholemeal).....                   | 4.00 |
| Garlic Bread 5".....  | 1.80 |
| Beef Lasagne (Enrico's 220g).....                                 | 3.50 |
| Spaghetti Bolognese Lean.....                                     | 3.50 |
| Fried Rice Chicken and Vegetable.....                             | 3.50 |
| Butter Chicken and Rice.....                                      | 3.50 |
| Nachos: Lean Beef, Salsa, Sour Cream,<br>Cheese & Corn Chips..... | 4.00 |
| Chicken Parmigiana Roll.....                                      | 4.00 |
| Spinach & Ricotta Roll.....                                       | 3.50 |
| Tomato/BBQ Sauce.....   | 0.50 |

## FROM THE BAKERY

|                                    |      |
|------------------------------------|------|
| Cheese & Ham Roll.....             | 2.00 |
| Muffins - Chocolate (low fat)..... | 2.20 |
| Banana Bread.....                  | 2.50 |

## SANDWICHES

### White or Multigrain available

|                                    |      |
|------------------------------------|------|
| Salad.....                         | 3.80 |
| Ham & Salad.....                   | 4.00 |
| Ham & Cheese.....                  | 3.60 |
| Ham, Cheese, Tomato.....           | 3.70 |
| Egg & Lettuce.....                 | 3.80 |
| Chicken & Lettuce.....             | 4.00 |
| Chicken & Avocado.....             | 4.80 |
| Ham, Avocado, Tomato & Cheese..... | 4.80 |

## BREAD ROLLS

|  |      |
|--|------|
| Salad Roll Multigrain/White.....                       | 4.00 |
| Ham & Salad Multigrain/White.....                      | 4.30 |
| Chicken & Salad Multigrain/White.....                  | 4.30 |
| Chicken, Lettuce & Mayonnaise<br>Multigrain/White..... | 4.30 |
| Chicken Caesar Wholemeal.....                          | 4.00 |
| Chicken & Avocado Multigrain/White....                 | 4.80 |

## WRAPS

|                               |      |
|-------------------------------|------|
| Chicken & Salad.....          | 4.30 |
| Ham & Salad.....              | 4.30 |
| Salad.....                    | 4.00 |
| Chicken Caesar.....           | 4.00 |
| Chicken Chilli.....           | 4.00 |
| Chicken, Avocado & Salad..... | 5.00 |
| Ham, Avocado & Salad.....     | 5.00 |

## TURKISH TOASTIES

|                                |      |
|--------------------------------|------|
| Chicken, Avocado & Cheese..... | 4.80 |
| Ham, Tomato & Cheese.....      | 4.80 |

## SALADS

|                             |      |
|-----------------------------|------|
| Salad.....                  | 5.00 |
| Ham.....                    | 5.50 |
| Chicken.....                | 5.50 |
| Chicken Caesar.....         | 5.50 |
| Salad with Egg tub.....     | 5.50 |
| Salad with Avocado tub..... | 6.00 |

## FRUIT

|                        |      |
|------------------------|------|
| Fresh Fruit Salad..... | 2.50 |
| Piece of fruit.....    | 1.00 |

## ICE CONFECTION

|   |      |
|---|------|
| Moosies.....                                  | 1.40 |
| Chocolate, Strawberry, Blue<br>Mony 60ml..... | 1.00 |
| Blue Raspberry, Chocolate, Strawberry         |      |

## DRINKS

|   |      |
|---|------|
| Flavoured Milk 300ml.....   | 2.50 |
| Strawberry, Chocolate, Vanilla, Coffee<br>Flavoured Milk Large 425ml.....                   | 3.50 |
| Strawberry, Chocolate<br>Milk Plain 300ml.....  | 1.00 |
| Milk Plain 600ml.....   | 2.00 |
| Up & Go 250ml.....  | 2.50 |
| Chocolate, Vanilla<br>Water 600ml.....  | 1.50 |
| Pump Lid Water 750ml.....   | 3.00 |
| MOJO Juice 425ml .....  | 4.00 |
| Orange, Tropical<br>Juice Bomb 250ml.....   | 2.50 |
| Apple Raspberry, Apple Blackcurrant,<br>Orange-Passion, Grape<br>Apple Fruit Box 250ml..... | 2.50 |

## CHIPS

|                             |      |
|-----------------------------|------|
| Red Rock Deli Sea Salt..... | 1.40 |
| Red Rock Deli Chicken.....  | 1.40 |
| Plain Popcorn.....          | 1.60 |

Orders must be placed by first break

Order online or at the canteen

Grab & Go also available

Prices are subject to change

Some items may not always be available

 flexischools



We ♥ our volunteers!

Contact the school on 4981 1444  
to be part of our canteen team.

