

E Block canteen – 3291 4135/ I Block canteen 3291 4167
Email: canteen@brisbaneshs.eq.edu.au

BREAKFAST	
Bacon & Egg Muffin	\$3.50
Toasted Sandwiches	\$3.20
Ham & Cheese	
Cheese & Tomato (V)	
Raisin Toast 1" Thick	\$1.00
Bircher Muesli with Berries	\$3.60
Greek Yoghurt with Berries & Muesli	\$3.60

COLD FOOD - LUNCH	
SUSHI - various	\$3.00
Brown Rice Sushi 6pck	\$5.00

Fresh Rolls - crusty wholemeal	
Ham & Salad Roll w/Aioli	\$4.50
Cheese & Salad Roll w/ Hommus (V)	\$3.80
Chicken & Salad Roll w/mayo	\$5.00
Bagel -Turkey	\$5.00

Salads	
Greek Salad (V)	\$4.80
Caesar Salad	

Sandwich Packs - wholemeal	
Egg & Lettuce	\$4.00
Chicken, Lettuce, s/dried tom & Avocado	\$4.00

FRUIT SALAD	\$3.20
BANANA BREAD	\$2.30

MUFFINS	\$2.70
Blueberry, Apple, Orange Poppyseed	

Greek Yoghurt with Berries & Muesli	\$3.60
Chia Pudding	\$3.60
Bircher Muesli with berries	\$3.60

Sauce – BBQ, Tomato, Mustard	.30c ea
Sweet Chilli or Soy Sauce	

Items with * must be pre-ordered in Canteens or online by 9am for collection at lunch

Please Note:
(H) Halal
(V) Vegetarian
(VG) Vegan
(GF) Gluten Free

HOT FOOD - LUNCH	
Toasted Sandwiches	\$3.20
Chicken & Cheese (H)	
Cheese & Tomato (V)	
Ham & Cheese (I Block only)	

Hot & Spicy Chicken Sub	\$3.90
Hot Dog w/ Tom sauce	\$3.60
Mustard Sauce Sachet Available	.30c
DUMPLINGS Pork & Chive Pk 6	\$3.30

Healthy Sausage Rolls (I Block only)	\$2.70
---	--------

TURKISH ROLLS - TOASTED	
Chicken, Cheese & Guacamole (H)	\$5.00
Mediterranean (V)	\$5.00
(Semi Dried Tom, Eggplant, Roast Capsicum, Feta, Red Onion & Grated Cheese)	
Ham, Cheese, Tomato and Red Onion	\$5.00

Daily Specials			
MONDAY			
Chicken/Bacon Caesar Burger	Turkish Bun		\$5.50
Fried Rice w/ Honey Soy Chicken tenders	Lge meal		\$5.00
Fried Rice (V)	Sml meal		\$3.70
Spaghetti Bolognese	Lge meal		\$5.00
	Sml meal		\$3.70
	Ex Lge meal		\$7.50
Mongolian Beef and Veg with Rice			

TUESDAY			
Nacho's			\$4.20
Chicken Hokkien Noodles w/Veg Stir Fry}	Lge meal		\$5.00
Rice Noodle with veg (VG, GF) }	Sml meal		\$3.70

WEDNESDAY			
Sweet and Sour Pork w/ rice	Lge meal		\$5.00
	Sml meal		\$3.70
	Ex lge meal		\$7.50
Singapore Noodle with Chicken and veg			

PIZZA - Ham & Pineapple			\$4.00
PIZZA - BBQ Meatlovers			\$4.00
PIZZA - Vegetarian Supreme (V, GF)			\$4.00

THURSDAY			
Fish, Wedges & Coleslaw			\$5.50
Beef Lasagne			\$5.00

<i>*Beef Lasagne Gluten Free option avail -pre order only</i>			
Veggie Pasta Bake (V)	Lge meal		\$5.00
	Sml meal		\$3.70

Chicken curry with rice	Ex lge meal		\$7.50
Nacho's			\$4.20

FRIDAY			
Beef Burger w/Cheese (H)	Crusty Roll		\$5.00
<i>*Vegetarian Burger w/cheese (V) avail pre order only</i>			
Butter Chicken	Lge meal		\$5.50
	Sml meal		\$4.00

Beef, veg stir-fry with rice noodle	Ex lge meal		\$7.50
Vegetarian Lasagne (V)	Lge meal		\$5.00

<i>* Veg Lasagne Gluten Free option avail- preorder only</i>			
Chicken Wonton Noodle Soup with Pork			\$5.00

DRINKS AND SNACKS

MILK

Plain Milk 500ml	\$1.70
Plain Milk Lite 500ml	\$1.70
Breaka 300ml Choc	\$2.20
Breaka 300ml Straw	\$2.20
Ice Break Coffee 325ml	\$2.50
Breaka 500ml Choc	\$3.30
Breaka 500ml Straw	\$3.30
Breaka 500ml Coffee	\$3.30
OAK 500ml Vanilla	\$3.30

KRAZY LEMON 200ml \$2.00

UP N GO

Chocolate	\$2.50
Strawberry	
Vanilla	

WATER

Water 600ml	\$2.00
Sparkling Water	\$2.20
Water 1.5 Litre	\$3.00

TISSUES \$1.00

STATIONERY

A range of stationery items are available at the canteen
Pens, Pencils, Erasers,
A4 Exercise Books,
Protractors etc
*Please purchase at
Canteen before school

JUICES

Classic Juice	\$3.00
Orange	
Apple/Mango/Banana	
Apple	
Apple/Blackcurrant	
EMMA & TOMS Smoothies	
RADICAL ACTION	\$3.50
KARMA RAMA	\$3.50
GREEN POWER	\$3.50

COLD PRESSED CLOUDY APPLE JUICE SQUEEZED - ORANGE \$3.50

VIVALOE - PEACH \$3.50

LIPTON ICE TEAS \$3.80

Peach Light	
Light Green/Lemon	
Lemon	

CHILL ICE TEAS 250ML \$2.50

Grape, Lychee, Peach

SNACKS

Red Rock Deli Chips	\$1.20
Honey/Soy Chicken or Sea Salt	
Smiths Chips	\$1.20
Original or Salt & Vinegar	
Grain Waves - Sour Cream & Chives	\$1.20
Ajita Vege Chips	\$1.20

SNAPS - "Gluten Free" & Vegetarian (GF) (V) \$1.20

Oregano & Thyme	
BBQ	
Salsa	

HAPPY SNACKS (GF) (V) \$1.20

Roasted Fava Beans - Lightly Salted	
Roasted Fava Beans - Chilli	
Roasted Fava Beans - Salt & Vinegar	
Roasted Chick Peas	

CHEESE & CRACKERS \$1.70