

CASTLE HILL HIGH SCHOOL CANTEEN MENU – WINTER 2022

ROLLS & WRAPS	
<i>Order through Flexischools to tailor or pre-made options available over the counter.</i>	
½ wrap – Ham, Cheese & Salad	\$3.50
½ wrap – Chicken, Avocado & Rocket	\$3.50
½ wrap – Salad	\$3.00
½ wrap – Flamed Grilled Chicken	\$3.50
Chicken & Salad Roll	\$4.50
Chicken, Lettuce & Mayo Roll	\$4.20
Salad Roll	\$3.70
Buttered Roll	\$1.00
Unbuttered Roll	\$0.80
SANDWICHES (White / Wholemeal / Multigrain)	
<i>Order through Flexischools to tailor and for GF or pre-made options available over the counter.</i>	
Chicken, Lettuce & Mayo	\$4.00
Leg Ham	\$3.50
Chicken	\$3.50
Salad (lettuce, tomato, beetroot, cucumber, carrot)	\$3.50
Tuna & Lettuce	\$3.50
Egg & Lettuce	\$3.00
Egg / Curried Egg	\$2.50
Cheese & Tomato	\$2.50
Cheese	\$2.00
Ham & Cheese	\$2.50
Vegemite	\$1.50
RICE PAPER ROLLS: (Beef / Chicken / Vegetarian / Tuna)	\$4.40
SUSHI ROLLS: (Chicken / Beef / Vegetarian / Tuna)	\$3.90
BREAKFAST – from 8.15am	
Hash Browns (2 per serve) V H	\$2.50
Ham & Cheese Toastie	\$2.50
Cheese Toastie	\$2.00
Toasted Banana bread (Full) / Half	\$1.50
Raisin Toast – per slice	\$1.00
Toast and Vegemite – per slice	\$0.50
SALADS / FRUIT	
Seasonal Fresh Fruit	\$1.50
Watermelon Tub	\$2.00
Bespoke Salads (order only). Various ingredients listed on Flexischools. Prices vary according to selection.	varies
Green Mixed Salad <i>(order through Flexischools)</i>	\$5.00
Caesar Salad <i>(order through Flexischools)</i>	\$5.00
Chicken Caesar Salad <i>(order through Flexischools)</i>	\$5.50
MILK	
Ice Break Coffee 500ml	\$3.80
500ml Large Milk (Chocolate / Strawberry)	\$3.80
300ml Oak (Chocolate / Strawberry / Coffee / Vanilla)	\$2.20
250ml Up & Go (Chocolate / Strawberry / Vanilla)	\$2.00
Plain Milk 600ml	\$2.10
Plain Milk 300ml	\$1.40
ICE CREAMS	
Juicies (Tropical / Wild Berry) GF	\$1.00
Twisted Frozen Yoghurt (Vanilla & Choc / Strawberry) GF	\$2.50
Paddlepop (Chocolate / Rainbow)	\$2.00
Bulla Vanilla Ice Cream Cups GF V H	\$1.50
Paddlepop Icy Twist	\$1.70
Quelch Fruit Juice Stick	\$0.50

GF = Gluten Free / H = Halal / V = Vegetarian

GLUTEN FREE & HALAL MENU AVAILABLE
****ORDER ONLINE ONLY VIA FLEXISCHOOLS****

HOT FOOD	
Flame Grilled Chicken Burger (H pattie)	\$5.00
Classic Chicken Burger (H pattie)	\$5.00
Vegetarian Burger V (H pattie) <i>(order through Flexischools)</i>	\$5.00
Chicken Nuggets (x5) (includes sauce) H	\$3.00
Four-N-Twenty Traveller Pie (Pepper)	\$3.50
Mrs Mac Pie (Beef)	\$3.50
Mrs Mac Potato Top Pie	\$4.00
Spinach & Ricotta Roll V	\$3.50
Pork Dumplings (x4) with Soy Sauce	\$3.80
Hot Cheese Roll V	\$2.00
Sausage Roll	\$3.50
Garlic Bread (small) V H	\$1.50
Garlic Bread (large) V	\$2.50
Lasagne – Beef H	\$4.50
Lasagne – Vegetarian <i>(order through Flexischools)</i> V	\$4.50
Cheese Toastie <i>(recess or order online)</i> V	\$2.00
Ham & Cheese Toastie <i>(recess or order online)</i>	\$2.50
Cheese & Tomato Toastie <i>(recess or order online)</i> V	\$2.50
Ham, Cheese & Tomato Toastie <i>(recess or order online)</i>	\$2.70
Macaroni & Cheese <i>(order through Flexischools)</i> V H	\$5.00
Halal Beef Pie <i>(order through Flexischools)</i> H	\$4.00
Halal Sausage Roll <i>(order through Flexischools)</i> H	\$3.50
Pumpkin Soup with Roll (without roll \$3.50) V <i>(order through Flexischools)</i>	\$4.00
Sauce Sachet (Tomato / BBQ / Soy)	\$0.30
DRINKS	
Pump Water 750ml (Plain)	\$3.30
Flavoured Pump Water 750ml (Lime / Lemon / Berry)	\$3.30
Water 600ml	\$2.00
Nippys Fruit Juice 250ml (Orange / Apple / Tropical / Blackcurrant)	\$2.00
Iced Tea (Peach / Mango / Lemon)	\$3.50
Glee (Bubblegum / Raspberry / Blackcurrant / Tropical)	\$2.00
Nippys Fresh Juice 450ml (Apple / Orange)	\$3.50
Groove Watermelon Flavoured Sparkling Mineral Water	\$2.50
Waterfords Lite & Fruity Sparkling Water (Blackcurrant / Passionfruit / Raspberry)	\$2.50
EXTRAS	
Chips (Honey Soy, Sea Salt, Salt & Vinegar) GF	\$1.50
Popcorn 25g (Plain) GF V	\$1.30
Mamee Noodle Snacks (Chicken) H	\$1.00
Delites (Salt and Vinegar, Sour Cream and Chives) GF	\$1.00
Eucalyptus Drops 25g	\$1.00
Crispy Fruits (Mango, Pineapple, Apple, Strawberry) GF V	\$1.50
Finger Bun	\$2.50
Croissant	\$2.80
Homemade Choc-Chip Cookie	\$1.00
Homemade Raisin Cookie	\$1.20
Hot Chocolate	\$2.00

Daily Specials

<i>Mon: Butter Chicken</i>	<i>\$5.00</i>
<i>Tue: Chicken Teriyaki</i>	<i>\$5.00</i>
<i>Wed: Pasta Bolognese</i>	<i>\$5.00</i>
<i>Thu: Creamy Chicken & Bacon Pasta</i>	<i>\$5.00</i>
<i>Fri: Nachos</i>	<i>\$5.00</i>

Beef and chicken used is halal