

DANDENONG HIGH SCHOOL CANTEEN MENU



Making Healthy
Choices
For Australian Schools

GLUTEN FREE

PLEASE SEE OUR CANTEEN STAFF
FOR GLUTEN FREE OPTIONS

SANDWICHES - BAGUETTES ROLLS & WRAPS

FROM - \$4.50

PLEASE SELECT FROM COLD FOOD DISPLAY

(High fibre white, multigrain, & wholemeal available)

Combinations of; Chicken/Ham/Salami/Tuna/Egg/ Salad.

VEGETARIAN

Spinach & Ricotta Rolls - \$4.00

Quiches - \$4.00

Vege Burger - \$5.00

Vegetarian Pizza Slice - \$3.00

FROM ONSITE BAKERY

Pastries, Muffins, Cookies & Cakes.
(as displayed)

THE COLD DISPLAY

Today's fresh Salad bowl - \$4.00

Sushi (various) - \$2.50

Greek Style yoghurt - \$3.00

-with coulis

Fruit Salad - \$4.00

Jelly - \$1.50

Mousse - \$2.50

Fresh fruit (whole) - \$1.50

Assorted slices from - \$1.80

Home made muffins

Small - \$1.50

Large - \$2.50

DRINKS

Big M 600ml - \$4.00

Big M 300ml - \$2.80

Water 600ml - \$2.50

Soft Drinks low cal 600ml - \$4.00

Ice Tea - \$4.00

Up & Go - \$2.50

Mineral water - \$3.00

Cans low cal - \$2.50

Daily Juice 300ml - \$3.50

Just Juices - \$1.50

Gatorade - \$4.00

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HOME-MADE DAILY SPECIALS

Monday – Pasta of the day with Bolognese sauce

Tuesday – Butter Chicken & rice

Wednesday – Singapore Noodles

Thursday – Lasagna

(Either meat or spinach & ricotta)

Friday – A taste of Asia

(Chicken stir fry & fried rice)

Small \$3.50

Large \$5.00

HOT FOODS

Chicken Breast nuggets - \$0.50

Dim Sims (steamed) - \$1.00

Hash Browns - \$1.00

Sausage Roll - \$4.00

Chicken Schnitzel - \$5.00

Burger Beef Burger - \$5.00

Sweet Chilli Tender Wrap - \$3.50

Pies - \$4.50

Focaccia with assorted filling - \$5.00

Home Made Pizza Slice - \$3.00

(Mediterranean - Margherita - BBQ Chicken)

Hot Dogs - \$3.50

Egg & Bacon wrap or muffin - \$3.50

Home Made Pizza Pockets - \$3.00