



UNLEY HIGH SCHOOL CANTEEN MENU—2022

HOT FOOD



Chunky beef pie 6.20

Beef pie 5.50



Sausage roll 4.30



\$ Hot Dog—with sauce/mustard 4.00

Hot dog—with sauce & cheese 4.30

Hot ham & cheese roll 4.50

Hot chicken & cheese roll 4.60

Chicken burger (chicken & lettuce) 4.60



Cheese burger (beef patty, cheese & tomato sauce) 4.50

Potato gems (10) v 1.80

Chicken goujons (6) 3.80

Potato hash brown 1.00



Instant chicken noodles (Term 2 & 3 only) 3.20



Nachos 3.80

Garlic bread v 2.20

Vegetarian & Vegan Options

Vegetable pasty v,H 5.50



Vegan Roast Veg pasty VG, v 6.00

Potato, leek & rosemary roll VG, v 5.50

Spinach & ricotta roll v,H 5.50



Gourmet Vegan Pasty VG,v 6.20

Lentil, Chickpea & Kaffir Lime Roll VG, v 5.50



Sauces—Tomato, Barbeque, Mayonnaise, Sweet & Sour, Thai Sweet Chilli 0.40

HOT FOOD



Toasted Sandwiches \$

Cheese v 4.50

Ham & cheese 4.50

Ham, cheese & tomato 4.70

HOT MEALS



Butter Chicken* GF 5.80

Malaysian Chicken* GF, DF 5.80

Lamb Rogan Josh* NF, GF, DF 5.80

Beef Massaman* GF, DF 5.80

Dahl* v, NF, GF, DF 5.80

* all meals are served with rice



Chicken Fried Rice GF, DF, NF 5.20

Vegetarian Fried Rice v, GF, DF, NF 5.20

Chicken Hokkien Noodles NF, DF 5.20

Vegetarian Hokkien Noodles v, NF, DF 5.20



SALADS/COLD ROLLS & SUSHI

Thai Chicken Salad* GF, NF, DF 4.80

Lemongrass Beef Salad* NF, DF 4.80

Cold Rolls* (Gluten in sauce only—rolls are GF) 4.80

Teriyaki Chicken NF, DF

Thai Chicken NF, DF Vegetarian v,NF, DF

Vietnamese Roll—Roast Pork or 6.20

Teriyaki Chicken NF, DF

Sushi - Teriyaki Chicken GF, NF, DF



Tuna GF, NF & Vegetarian v, GF, DF, NF 3.20



H—Halal GF—Gluten Free

V—Vegetarian DF—Dairy Free

VG—Vegan NF—Nut Free

UNLEY HIGH SCHOOL CANTEEN MENU—2022

SANDWICHES & ROLLS



FILLINGS	SANDWICH \$	SINGLE CUT ROLL \$	DOUBLE CUT ROLL \$
Chicken	4.30	4.50	5.00
Ham (Virginian)	4.30	4.50	5.00
Cheese v	4.30	4.50	5.00
Egg v	4.30	4.50	5.00
Curried Egg v	4.30	4.50	5.00
Vegemite v	4.30	4.50	5.00
Salad v	5.00	5.50	6.00
Chicken Salad	5.50	5.80	6.30
Ham Salad	5.50	5.80	6.30
Cheese Salad v	5.50	5.80	6.30
Egg Salad v	5.50	5.80	6.30
Extras	0.60	0.60	1.20

Extras available: Tomato, Lettuce, Cucumber, Carrot, Cheese, Gerkin, Avocado and Sun-dried Tomato

Condiments available: Mayonnaise, Cranberry sauce 0.30

Baguette, Chicken, Cheese, Lettuce & Mayo 5.80

Wrap, Cheese, carrot cucumber & lettuce—Large 4.80

Wrap, various—Large *from* 5.20

Wrap, various— Small *from* 4.20

Buttered sesame knot roll 1.80

Cheezymite sroll 2.50

Cheese & bacon roll (plain) 2.00

Extras : Butter 0.10



SNACKS & SWEET TREATS

SNACKS

Chips—Red Rock Deli, Smiths, Grainwaves, Pretzels 2.20

Vege Chips **v, VG, GF, DF, NF** 2.20

Mamee Noodle snacks **H** 0.80

Corntos **GF, H** 1.00



CAKES

Apple cinnamon bun Finger bun (buttered) 2.80

Muffin—Blueberry, Choc chip, Apple & Cinnamon, Raspberry 5.00

& White Chocolate (Gluten Free Options are also available)

Berliner—Custard, Jam 4.80

Doughnut—Chocolate, Strawberry Sprinkle, Cinnamon 4.20



BISCUITS & SLICES

Mrs D's Cornflake Cookie 2.80

Mrs D's Smiley face & Assorted Cookies 3.00

Large Assorted Slices 3.80

Small Assorted Slices 2.20



YOGHURT, FRUIT & JELLY

Jelly 1.00

Fruit Salad Packs (Summer only) 4.00

Apple/Orange/Cup of Fruit (Seasonal) 1.50

Cup of Veggie sticks (with dip) 1.50



The canteen is open at the blue doors between 8.15 and 8.45 for recess and lunch orders. Drinks and some foods are available at this time. Please note prices are subject to change without notice. Some of our food varieties are seasonal so may not be available at time of ordering.

Keep an eye out for our 'DAILY SPECIALS'



H—Halal GF—Gluten Free
V—Vegetarian DF—Dairy Free
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DRINKS & ICE BLOCKS

MILKS

Oak—Chocolate, Strawberry 300ml	\$ 2.80
Oak—Chocolate, Strawberry, Banana 600ml	3.50
Nippys Chocolate, Honeycomb, Iced Coffee, Mocha, 375ml GF	3.00
Nippys Chocolate, Iced Coffee 500ml GF	3.80
Sanitarium Up & Go—Choc, Vanilla 250ml	2.50
Sanitarium Up & Go—Choc, Vanilla 500ml	4.50



JUICES

Nippys Fruitbox —Orange, Apple/Blackcurrant, Apple 250ml GF	1.80
Nippys—Orange, Apple/Blackcurrant 300ml	2.20
Nippys Fruitylicious—Apple/Guava, Apple/Mango/Banana, Pineapple, Multifruit 350ml	2.80
Nippys—Orange, Apple, Apple/Blackcurrant, Lemon, Orange/Mango, Orange/Passionfruit 500ml	3.30
Nippys Mineral Water—Lemon lime, Paradise Punch, Apple Raspberry, Orange, Lemon, Portello 600ml	3.00



ICED TEAS

Lipton—Peach, Lemon, Mango, Citrus, Raspberry 500ml	3.80
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SPRING WATER

Nu—390ml	1.20
Nippy's 600ml	1.50
Nippy's Pop-top 750ml	2.00
Nippy's 1.5lt	2.70



ICE BLOCKS

Calippo mini—raspberry/pine	\$ 1.50
Calippo —raspberry/pine	2.80
Cyclone	3.00
Frosty Fruit GF	1.50
Golden North vanilla ice cup GF	2.30
Icy Twist lemonade	1.50
Lifesaver	1.30
Maxibon—vanilla, caramel nut rough, honeycomb, monster cookie	5.00
Milo scoop shake	3.80
Paddlepop—choc, rainbow	2.30
Nice & Joosey	0.70
Bulla Yoghurt Cup—mango, raspberry	3.00



YOUR BRAIN IS
73% WATER.



IT TAKES ONLY 2% DEHYDRATION TO AFFECT YOUR ATTENTION, MEMORY AND OTHER COGNITIVE SKILLS.

Proper hydration does more than just quench your thirst. It has numerous benefits to your health.

- Water is the main component of blood, which supplies cells with oxygen and nutrients and carries waste out of the body.
- Water regulates internal body temperature. Through the process of sweat production and evaporation, one's body can avoid overheating. The blood on the skin surface is cooled, and it carries this cooling effect to the body's interior.
- Water lubricates joints.
- Water cushions vital organs

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