# FITZROY HIGH
## CANTEEN MENU

### BREAKFAST
- Egg and Bacon Roll: $4.50
- Hash Brown: $1.00
- Low Fat Greek Sytle Yoghurt with Mueslie or Coulis: $4.00
- Toasted Cheese and Tomato Sandwich: $3.00
- Toasted Ham and Cheese Sandwich: $3.50

### SANDWICHES, ROLLS AND WRAPS
- All Sandwiches: $5.00
- Roast Vegetable Foccaccias: $6.50
- Spinach Cheese Pumpkin Capsicum: $6.50
- Roast Chicken Foccaccias: $6.50
- Chicken Spinach Cheese & Avocado: $5.50
- Ham and Cheese Foccaccias: $5.50
- Ham and Salad Roll or Wrap: $5.30
- Chicken Breast and Salad Roll or Wrap: $4.50
- Tuna and Salad Roll or Wrap: $4.50
- Egg and Salad Roll or Wrap: $4.50

### RECESS
- Ham and Cheese Foccaccias: $5.50
- Ham and Salad Roll or Wrap: $5.30
- Pastizzi: $1.20
- Chicken Breast and Salad Roll or Wrap: $4.50
- Ham and Cheese Croissant: $3.50
- Tuna and Salad Roll or Wrap: $4.50
- Cheese and Tomato Croissant: $3.50
- Egg and Salad Roll or Wrap: $4.50
- Steamed Dim Sims: $1.00

### COLD FOOD BAR
- Hot Dog with Cheese: $3.50
- Sushi: $3.20
- Steamed Dim Sims: $1.00
- Ham and Salad Roll or Wrap: $4.50
- Tuna and Salad Roll or Wrap: $4.50
- Ham and Cheese Croissant: $3.50
- Chicken Breast and Salad Roll or Wrap: $4.50
- Cheese and Tomato Croissant: $3.50
- Egg and Salad Roll or Wrap: $4.50

### LUNCH
- Seasonal Fruit POA
- Yoghurt
- Jelly
- Grilled Chicken Skewer: $3.20
- Healthy Pizza: $3.50
- Hamburger with Lot (Bacon Egg Lettuce Tomato): $6.50
- Vegetarian Burger with Lettuce and Salsa: $4.50
- Baked Potato with Various Fillings: $4.00
- Falafel Roll with Lettuce Tomato and Salsa: $4.00
- Hot Chicken Rolls: $4.50
- Souvlaki: Pre order only: $5.50

### HOT FOOD SEVERY SELECTION $4 - $6
- Home style meals offered, changing on a daily basis
- All prepared at the canteen

### DRINKS
- Mt Franklin Water 600 ml: $3.00
- Pump Water: $3.60
- Fruit Boxes: $1.50
- Up and Go: $2.50
- Iced Tea: $3.60
- Light Powerade: $4.00
- Juices: $3.60
- Big M 300 ml: $2.40
- Slushy Small: $2.50
- Coffee (Teachers Only) Medium: $3.50
- Hot Chocolate: $3.00

### TREAT
- Assorted Slices: $3.50
- Assorted Muffins: $3.50

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All highlighted items are prepared at the canteen

Roasted vegetables and chicken used in foccaccias, sandwiches and rolls are cooked at the canteen

Thank you

Joy , Canteen Manager