



# MULLUMBIMBY HIGH SCHOOL

## CANTEEN MENU 2024

### SUSHI

RICE PAPER ROLLS	\$5.00
Salad (V), Teriyaki Chicken	
SUSHI ROLLS	\$5.00
Inari (V), Vege Tempura (V), Avocado (GF, V)	
Tofu & Salad (GF, V)	
Tuna (GF), Tuna and Avo (GF), Salmon & Avo (GF)	
Chicken Teriyaki, Chicken & Avo, Chicken Karaage,	
Honey Soy Chicken	
<i>Gluten Free soy sauce available on request.</i>	

### SANDWICHES

*Available in White, Multigrain or Gluten Free*

Vegemite (V), Jam (GF, V), Honey (GF,V)	\$2.00
Cheese (GF, V)	\$3.50
Ham & Cheese (GF)	\$4.00
Ham, Cheese & Tomato (GF)	\$4.50
Egg, Lettuce & Aioli (GF, V)	\$4.50
Chicken, Lettuce & Aioli (GF)	\$4.50
Chicken, Cheese & Aioli (GF)	\$4.50
Salad	\$5.00
Salad with Chicken or Ham	\$6.00
<i>Toasted on request. For order only Gluten Free Extra \$1.00</i>	

### WRAPS AND BREAD ROLLS

*Half serves available for wraps only.*

Salad (GF, V)	Half \$4.00	Full \$6.00
Salad with your choice of:	Half \$4.50	Full \$7.50
Ham (GF), Chicken (GF), Tuna (GF),		
Egg (GF, V) or Falafel (GF, V, Veg)		
<i>For order only Gluten Free Wraps or Rolls Extra \$1.00</i>		

### SALADS

Garden (GF, V) or Greek (GF, V)	\$6.50
Garden Salad with your choice of:	\$7.50
Chicken (GF), Tuna (GF), Egg (GF, V),	
Falafel (GF, V, Veg) or Vege Patty (GF, V)	
<i>Choice of Aioli or Balsamic Vinegar Dressing</i>	

### TURKISH BREAD PIZZA

Margherita (V) or Cheese & Garlic (V)	\$3.00
BBQ Chicken	\$4.50

### TOASTED TURKISH BREAD MELTS

Half \$5.00 Full \$8.00

Ham with Spinach, Tomato, Cheese, Spanish Onion, Dijon Mustard & Aioli	
Chicken with Spinach, Cheese, Tomato, Sweet Chilli & Aioli	
Bacon with Egg & Cheese	

### TOASTED WRAP

\$4.50

Chicken and Cheese with Aioli & BBQ Sauce (GF)	
Chicken and Cheese with Aioli & Pesto (GF)	
Nacho Bean and Cheese with Aioli & Chipotle Sauce (GF, V)	

### BURGERS

Cheese Burger with Beef Patty, Cheese, Aioli and Burger Sauce (GF)	\$6.50
Chicken Burger with Marinated Chicken, Lettuce, Tomato & Aioli (GF)	\$7.50
Beef Burger with Beef Patty, Lettuce, Tomato, Beetroot, Cheese & Aioli (GF)	\$7.50
Vege Burger with Vege Patty, Lettuce, Tomato, Cucumber, Carrot, Beetroot & Aioli (V)	\$7.50
<i>For order only Gluten Free Burger Roll Extra \$1.00</i>	

### PIES AND PASTRIES

Sausage or Spinach & Cheese (V) Rolls	\$2.00
Plain Meat or Steak Bacon & Cheese Pie	\$5.00
Chicken Mornay or Thai Chicken Pie	\$5.00
Vege Mex Pie (V)	\$5.00

### HOT FOOD

Lasagne	\$7.50
Bean Nachos with Salsa & Sour Cream (V)	\$7.50

### COLD DRINKS

Water	600ml \$1.50	1Lt \$3.00	1.5lt \$3.50
Sparkling Water			\$3.00
Juice Bomb			\$3.00
Aloe Juice Assorted Varieties			\$4.00
Iced Tea Assorted Varieties			\$4.00
Kombucha Assorted Flavours			\$4.50
Just Juice Popper Assorted Varieties			\$2.50
Bundy Juice Assorted Varieties			\$3.50
Frappe Tropical or Mixed Berry			\$5.00
Norco Flavoured Milk	Small \$3.50	Large \$5.00	
Milkshake (No Ice Cream)	Small \$3.50	Large \$4.50	
<i>Chocolate, Vanilla, Caramel</i>			
Smoothie	Small \$4.50	Large \$6.50	
<i>Banana, Mixed Berry, Tropical Green</i>			
Soy, Oat or Lactose Free Milk Available for Milkshakes and Smoothies extra \$0.50			

### HOT DRINKS

Hot Chocolate	Small \$4.00	Large \$4.50
Herbal Tea Assorted Varieties		Large \$3.00
Chai Tea		Large \$4.50
Coffee	Small \$4.00	Large \$4.50
Soy, Oat or Lactose Free Milk Available extra \$0.050		

### FROZEN SNACKS

Snap Stix (GF, V, VEG) Assorted Varieties	\$1.00
TNT (GF, V, VEG) Assorted Varieties	\$1.50
Juicies (GF,V,Veg) Assorted Varieties	\$1.50
Juicie Tubes (GF,V,Veg) Assorted Varieties	\$2.50
Ice Cream Cup (V) Vanilla	\$1.50
Moosies (V) Chocolate, Blue Moon	\$2.00
Frozen Yoghurt (GF, V) Assorted Varieties	\$3.50

**ALL ORDERS MUST BE RECEIVED**

**BEFORE 9.30AM**

*Thank You*



## MULLUMBIMBY HIGH SCHOOL

### CANTEEN MENU 2023

#### SNACKS

Cookies (V)	\$0.50	Carrot and Hummus Cup (GF, V Veg)	\$1.50	Fruit Cup (GF, V, Veg)	\$3.00
Fresh Seasonal Fruit (GF, V Veg)	\$1.50	Bliss Ball (GF, V)	\$1.50	Custard Cup (GF, V)	\$2.50
Pikelets (V)	\$1.00	Norco Cheese and Crackers (V)	\$2.00	Yoghurt and Granola Cup (V)	\$4.00
Grain Waves (V) <i>Sour Cream and Chives</i>	\$1.50	Chocolate Brownie (GF, V)	\$2.00	Chia Pudding (GF, V, Veg)	\$4.50
Red Rock Deli Chips <i>Assorted Varieties</i>	\$1.50	Muffins (GF available sometimes, V)	\$2.50		

GF = Gluten Free, V = Vegetarian, Veg = Vegan

#### ORDERING

**ALL ORDERS MUST BE RECEIVED BY 9.30AM.**

**To avoid disappointment, we strongly recommend you order.**

We offer an extensive menu at Mullumbimby High School Canteen, and although everything is available for order every day, only some of the items will be available for recess and lunch unless ordered. Some items can sell out very quickly. It is strongly recommended you order so you receive the recess or lunch you would like. Please visit the canteen in the morning before 9.30am and one of our friendly staff will take your order.

Orders can be collected from the canteen at recess and lunch from the designated area.

Late orders will not be accepted.

We accept Cash or Eftpos payments. Unfortunately, we do not offer Cash Out with the Eftpos facility.

#### ALLERGY INFORMATION

Please make sure the school has up to date information about any serious food related allergies you may have.

This information is passed on to the canteen, however it is highly recommended that you also inform the canteen staff at the time of ordering so we can highlight it on your order. We take considerable care when preparing all our food, especially for our students and staff with allergies.

We operate as a Nut Free canteen.

#### FRESH AND HEALTHY

At Mullumbimby High School Canteen, we pride ourselves on providing quality fresh food made on the premises, using local produce and suppliers where possible.

Our menu provides a balanced choice for our school community and meets the criteria set out by the NSW Healthy School Canteen Strategy. For more information about the strategy, please visit: <https://healthyschoolcanteens.nsw.gov.au>

#### CANTEEN OPERATING HOURS

The canteen is open Monday to Friday from 8.30am to 1.40pm.

#### FURTHER INFORMATION

If you require any further information about the canteen, please email the canteen manager, Michelle Kerlin, at [mullumhighcanteen@gmail.com](mailto:mullumhighcanteen@gmail.com).

