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# Canteen Menu



Esperance Senior High School- Term 1  
From 29<sup>th</sup> May 2019

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PHONE: 9071 9516  
Online Ordering: [www.quickcliq.com.au](http://www.quickcliq.com.au)

<p><b>BREAKFAST (8:00-9.00am)</b></p> <p>A - Bacon Wrap \$3.00 A - Bacon &amp; Egg Wrap \$3.50 A - Anzac Biscuit \$1.00 A - Cheese fold \$3.00 A - Chicken, Cheese &amp; Mayo fold \$3.50</p> <p><b>HOT FOOD</b></p> <p>A - Toasted Ham &amp; Cheese \$4.00 A - Chilli Strips x2 \$4.00 A - Chicken, Cheese &amp; Mayo Fold \$3.50 A - Cheese Fold \$3.00 G - Cheesie \$1.00 A - Pizza slice \$2.00</p> <p><b>SNACK FOODS</b></p> <p>G - Fresh Fruit - Piece 50c A - Popcorn \$1.00 G - Fresh Fruit Box Small \$2.00 G - Fresh Fruit Box Large \$4.00 G - Yoghurt \$2.00 A - Yogo \$2.50 A - Cookies &amp; Anzacs \$1.00 A - Cake (Recess only) \$1.00 Gluten Free Snacks various prices</p>	<p><b>SALAD BOXES</b></p> <p>G - Cooked Chicken &amp; Salad GF \$5.00 G - Ham &amp; Salad GF \$5.00</p> <p><b>TURKISH BREAD - Toasted</b></p> <p>A - Bacon, Lettuce, Tomato \$6.00 <i>with BBQ sauce</i> G - Chicken, Cheese &amp; Mayo \$6.00</p> <p><b>WRAPS</b></p> <p>G - Cranberry Chicken, Cheese \$5.00 <i>With baby spinach</i> G - Chilli Chicken \$5.00</p> <p><b>SANDWICHES</b> \$4.50 <b>ROLLS</b> \$5.50</p> <p>G - Ham &amp; Salad G - Chicken &amp; Salad G - Cheese &amp; Salad</p> <p>If <b>pre-ordered</b> extra filling for wraps, sandwiches and rolls</p> <p>Beetroot 50c Baby-spinach 50c Capsicum 50c Red onion 50c Tomato 50c</p>	<p><b>DRINKS</b></p> <p>G - Water 600 ml \$2.00 G - Plain Milk 300 ml \$1.50 G - Flavoured Milk <i>Mocha, Chocolate</i> 600 ml \$4.50 <i>Spearmint, Strawberry</i> 300 ml \$3.00 A - Harvey Fresh Fruit Juice 250 ml \$2.00 A - Harvey Fresh Fruit Juice 450ml \$4.00 R - Brownes Juice 300ml \$3.00 R - Brownes Juice 600ml \$4.50 G - Sparkling Fruit Juice 250 ml \$2.50 <i>grape, raspberry, apple/blackcurrant</i> R - Oak Ice coffee 600ml \$4.50 <i>With skim milk, senior side only</i></p> <p><b>ICE BLOCKS</b></p> <p>A - Low Fat Frozen Yoghurt \$2.50 <i>Strawberry, mango, raspberry</i> A - Berri Quelch Stick \$1.00 A - Calippo \$2.00 A - Icy Twist \$1.50 A - Rainbow Paddle Pop \$2.00</p>
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## DAILY SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A - Beef Pie \$4.00 A - Potato Pie \$4.00 A - Pizza Rounda \$3.00 A - Sausage Roll \$3.50 <i>Beef or Spinach &amp; Ricotta</i></p>	<p>A - Chicken Burger \$6.00 A - Beef Burger \$6.00 <i>Cheese, beetroot</i></p>	<p>A - Hawaiian Wrap \$4.50 <i>Ham, cheese, pineapple In wrap, toasted</i> A - Hot Dog <i>Plain</i> \$4.00 <i>Cheese &amp; Bacon</i> \$5.00</p>	<p>A - Beef nachos \$5.00 <i>GF Cheese &amp; sour cream</i> A - Wedges \$5.00 <i>sw chilli &amp; sour cream Or tomato sauce</i></p>	<p>A - Beef Pie \$4.00 A - Potato Pie \$4.00 A - Sausage Roll \$3.50 <i>Beef or Spinach &amp; Ricotta</i></p>



Pre-ordering can be done online or in the morning at the canteen in person



GF = Gluten Free

Our canteen uses Traffic Light STAR choice registered products  
Green Choice (G): very healthy      Amber Choice (A): select carefully  
Red Choice (R): Not recommended

**Menu and prices are subject to change**