

FRESH SALADS EVERYDAY

EVERYDAY	
FRUIT SALAD Watermelon, Rockmelon, Kiwi, Grapes, Orange, Seasonal Fruits	\$ 4.2
GARDEN Lettuce, Tomato, Carrot, Cucumber, Beetroot, Red Onion, Italian Dressing	\$ 4.5
SWEET CHILLI CHICKEN Tenders, Lettuce, Tomato, Sweet Chilli Mayo	\$ 5.0
CHICKEN CAESAR Chicken Breast, Lettuce, Egg, Bacon, Crouton, Cheese	\$ 5.5

TUESDAY & WEDNESDAY	
CHICKEN PASTA Chicken Breast, Creamy Spiral Pasta	\$ 4.5
ROAST PUMPKIN, BEETROOT & FETTA With Mixed Lettuce, Red Onion	\$ 5.5
VIETNAMESE NOODLES Chicken Breast, Cucumber, Carrot, Capsicum, Red Onion	\$ 5.5

GRANDE GARDEN Avocado, Roasted Capsicum, Salad * Pre Order	\$ 5.2
SUMMER CHICKEN Chicken Breast, Roasted Capsicum, Salad * Pre Order	\$ 5.5
AVOCADO CHICKEN With Capsicum, Tomato, Cucumber * Pre Order	\$ 5.5
GOURMET YOUR WAY Choose Ham or Roast Beef & Salad * Pre Order	\$ 5.5



WRAPS EVERYDAY

SALAD Lettuce, Tomato, Cucumber, Carrot, Beetroot, Red Onion	\$ 4.3
CHICKEN Chicken Breast, Lettuce, Mayo	\$ 4.8
SWEET CHILLI CHICKEN Tenders, Lettuce, Cheese, Sweet Chilli Mayo	\$ 4.8
CHICKEN CAESAR Chicken Breast, Lettuce, Egg, Croutons, Bacon, Cheese	\$ 5.5
HAM SALAD Premium Ham, Salad * Pre Order	\$ 4.8
CHICKEN SCHNITZEL SALAD Breast Fillet, Salad * Pre Order	\$ 5.5
AVOCADO SALAD Fresh Avocado, Salad * Pre Order	\$ 5.0
ROAST BEEF Salad * Pre Order	\$ 5.0
CHICKEN, AVOCADO & SALAD Chicken Breast, Avocado, Salad * Pre Order	\$ 5.5
MONDAY & TUESDAY	
CRUNCHY BREAD ROLLS REPLACE WRAPS ON TUESDAY & WEDNESDAY	

SANDWICHES EVERYDAY

EGG & LETTUCE	\$ 3.6
SALAD Lettuce, Tomato, Cucumber, Carrot, Beetroot, Red Onion	\$ 3.6
CHICKEN, LETTUCE & MAYO Chicken Breast	\$ 3.6
HAM, CHEESE & TOMATO	\$ 3.6
CHICKEN, CHEESE & TOMATO Chicken Breast	\$ 3.6
HAM SALAD Premium Ham, Salad	\$ 4.0
SWEET CHILLI CHICKEN Tenders, Lettuce, Cheese, Sweet Chilli Mayo	\$ 4.0
B.L.T Bacon, Lettuce, Tomato * Pre Order	\$ 4.0
CHICKEN CAESAR Chicken Breast, Bacon, Lettuce, Cheese * Pre Order	\$ 4.5
ROAST BEEF Salad * Pre Order	\$ 4.0
TUNA Lettuce, Mayo * Pre Order	\$ 4.0

CRUNCHY ROLLS TUESDAY & WEDNESDAY

SALAD Lettuce, Tomato, Cucumber, Carrot, Beetroot, Red Onion	\$ 4.5
PULLED BEEF Slow Cooked Beef & Gravy Made Fresh In The Canteen	\$ 5.0
HAM SALAD Premium Ham, Salad	\$ 5.0
CHICKEN SALAD Chicken Breast, Salad	\$ 5.0
CHICKEN, LETTUCE & MAYO Chicken Breast	\$ 5.0
CHICKEN SCHNITZEL Lettuce, Mayo	\$ 5.0
PERI PERI CHICKEN Hot N Spicy Chicken Breast, Lettuce, Peri Peri Mayo	\$ 5.0
SWEET CHILLI CHICKEN TENDERS Lettuce, Sweet Chilli Mayo	\$ 5.0
AVOCADO SALAD Fresh Avocado & All Salad * Pre Order	\$ 5.0
ROAST BEEF SALAD All Salad * Pre Order	\$ 5.0

The Canteen Uses Natural Breast Chicken In All Salads, Sandwiches, Wraps & Rolls



INGLEBURN HIGH SCHOOL CANTEEN



BREAKFAST EVERYDAY

FRESH FRUITS & YOGHURT	
WHOLE FRUIT PIECES From	\$ 1.0
YOGHURT Vanilla	\$ 3.0
WATERMELON SALAD Watermelon Chunks Large	\$ 4.0
FRUIT SALAD Fresh Seasonal Fruits Large	\$ 4.2
OTHER BREAKFAST ITEMS	
HASH BROWN	\$ 1.0
BACON & EGG ROLL With Sauce	\$ 3.8
MUFFINS Assorted	\$ 3.0
BANANA BREAD	\$ 3.0
CHEESE WRAP	\$ 2.5
HAM & CHEESE TOASTED WRAP	\$ 3.5
TOASTED SANDWICH Ham & Cheese - Cheese & Tomato - Ham, Cheese, Tomato	\$ 3.5

\$5.50

BREAKFAST BEFORE 9AM

DRINKS EVERYDAY

WATER 600ml	\$ 2.0
OAK FLAVOURED MILK 300ml	\$ 2.4
OAK FLAVOURED MILK 600ml	\$ 3.8
ICED COFFEE 500ml	\$ 4.0
HOT CHOCOLATE	\$ 2.0
SOFT DRINK 375ml No Sugar	\$ 2.4
UP 'N' GO 250ml	\$ 3.0
APPLE OR ORANGE JUICE 100% 350ml	\$ 3.0
MINERAL WATER 500ml	\$ 3.0
ALOE VERA OR ICE TEA 500ml	\$ 3.5
PUMP WATER 750ml	\$ 4.0
SOFT DRINK 600ml No Sugar	\$ 4.2
POWERADE 600ml Zero	\$ 4.2

\$5 EVERYDAY SANDWICH DEAL

CHOOSE ANY
\$3.50 SANDWICH AND WATER 600ML

\$5.50 WITH A \$4 SANDWICH
\$6 WITH A \$4.50 SANDWICH



RICE PAPER ROLLS MONDAY

CHICKEN Chicken Breast, Lettuce, Tomato, Carrot, Cucumber H	\$ 4.0
SWEET CHILLI Chicken Tender, Lettuce, Carrot, Cucumber H	\$ 4.0
TUNA Lettuce, Carrot, Cucumber H	\$ 4.0
VEGETARIAN Lettuce, Tomato, Carrot, Cucumber H	\$ 4.0

All Vietnamese Rice Paper Rolls Are 2 Pieces Per Serve

PIZZA MONDAY & THURSDAY

CHEESE Cheese & Sauce H	\$ 3.8
PEPPERONI Cheese, Pepperoni & Sauce	\$ 4.0
VEGETARIAN Roasted Capsicum, Red Onion, Fetta, Cheddar H * Pre Order	\$ 4.0
BBQ CHICKEN Chicken Breast, Cheese, BBQ Sauce H	\$ 4.5

MEXICAN FRESH PULLED BEEF TUESDAY & WEDNESDAY

NACHOS	
THE LOT Pulled Beef, Lettuce, Tomato, Onion, Sour Cream or Sauce Cheese + 50c H	\$ 6.0
BEEF & CHEESE Pulled Beef, Sour Cream or Sauce, Cheese H	\$ 6.0
BURRITOS	
THE LOT Pulled Beef, Lettuce, Tomato, Onion, Sour Cream or Sauce Cheese + 50c H	\$ 5.5
BEEF & CHEESE Pulled Beef, Sour Cream or Sauce, Cheese H	\$ 5.5

Our pulled beef is slow cooked in the canteen. It comes from a full side of premium beef fillet

HOT BITES EVERYDAY

THE NO. 1	
SPICY CHICKEN WINGS H	\$ 1.2
PRE ORDER ONLY	
SWEET CHILLI CHICKEN TENDER OR 3 FOR \$5 H	\$ 1.7
CHICKEN NUGGETS x 5 Extra Nuggets 60c Each H	\$ 3.0
FAVOURITES	
GARLIC BREAD H	\$ 2.0
POTATO WEDGES H	\$ 3.0
HOT DOG With Sauce H	\$ 3.0
NOODLES	
CUP OF NOODLES Tom Yum - Chicken - Beef - Vegetable	\$ 3.0
PIES & PASTRIES	
SAUSAGE ROLL H	\$ 3.0
MEAT PIE H	\$ 3.5
CHEESE & SPINACH ROLL H	\$ 4.0
POTATO PIE	\$ 4.2
TOASTED WRAPS	
CHICKEN & CHEESE Chicken Breast, BBQ Sauce H	\$ 4.6
SWEET CHILLI Chicken Tenders, Cheese, Sweet Chilli Mayo H	\$ 4.6
NACHOS - TRADITIONAL	
NACHOS Bolognese Sauce, Lettuce, Tomato, Cheese Sour Cream Add 50c H	\$ 5.0
VEGETARIAN NACHOS Fresh Tomato Salsa, Lettuce, Cheese Sour Cream Add 50c H	\$ 5.0

ALL MENU ITEMS ARE RATED EVERYDAY OR OCCASIONAL (H) HALAL

eftpos	EFTPOS IS AVAILABLE HERE
Cheque / Savings Fee : 20 Cents No Minimum	Debit / Credit Fee : 2% No Minimum
	Tap N Go Fee : 14 Cents \$5 Minimum

BURGERS

EVERYDAY - BURGERS	
CHEESEBURGER Beef, Cheese, Tomato Sauce H	\$ 4.6
AUSSIE BEEF Lettuce, Tomato, Beetroot, BBQ Sauce H	\$ 4.6
EVERYDAY - BURGERS (SERVED ON A CRUNCHY ROLL \$5 TUESDAY & WEDNESDAY)	
CHICKEN Breast Fillet, Lettuce, Mayo H	\$ 4.6
SWEET CHILLI CHICKEN Tenders, Lettuce, Sweet Chilli Mayo H	\$ 4.6
HOT N SPICY CHICKEN Spicy Breast Fillet, Lettuce, Peri Peri Mayo H	\$ 4.8
WEDNESDAY - BURGERS	
CHICKEN & CHEESE Breast Fillet, Lettuce, Cheese, BBQ Sauce H	\$ 5.0
THURSDAY - BURGERS	
CHICKEN CAESAR Breast Fillet, Bacon, Lettuce, Caesar Dressing	\$ 5.4
FRIDAY - BURGERS	
BEEF, BACON & CHEESE BBQ Sauce	\$ 5.4

SNACK PACKS & KEBABS

EVERYDAY	
SPICY WINGS & WEDGES Spicy Wings x 2 H	\$ 5.0
THURSDAY	
DONER KEBAB WITH THE LOT Lettuce, Tomato, Onion, BBQ Sauce Cheese + 50c H	\$ 6.0
DONER KEBAB & CHEESE Lettuce, Cheese & BBQ Sauce H	\$ 6.0
FRIDAY	
CHICKEN SCHNITZEL SNACK PACK Breast Fillet With Wedges Or Salad H	\$ 6.0
FISH FILLET SNACK PACK Premium Fish Fillet With Wedges Or Salad H	\$ 6.0
DONER SNACK PACK Authentic Doner Kebab Meat With Wedges Or Salad H	\$ 6.8

PASTA - RICE - CURRY

EVERYDAY	
BUTTER CHICKEN With Steamed Rice H	\$ 5.2
MONDAY & TUESDAY	
BOLOGNESE PASTA Beef Sauce Made Fresh In The Canteen H	\$ 4.8
WEDNESDAY	
FRIED RICE & CHICKEN Authentic Fried Rice, Chicken Breast, Vegetables H	\$ 5.0
LASAGNA Homemade Beef Sauce	\$ 5.8
THURSDAY & FRIDAY	
CREAMY CHICKEN PASTA Creamy Sauce With Chicken H	\$ 4.8
NAPOLITANA CHICKEN PASTA Fresh Tomato Sauce With Chicken & Baby Spinach H	\$ 4.8

If you would like a pasta or curry on a day it is not available, Pre Order at the canteen before 9am

DAILY MEAL DEAL

\$1.7	WHEN YOU PURCHASE ANY
WATER	- WRAP / SALAD / ROLL - PASTA / RICE - BURGER

