

Make it a Meal Deal

Add a Small
Bottle of Water
for \$1.00

To Any Meal Purchase

Healthy Canteen Making Healthier Choices

Parkes High Canteen Menu 2020

Fresh is Best

Assorted Rolls, Sandwiches & Wraps

Cheese	\$3.00
Egg or Curried Egg	\$3.50
Egg and lettuce, Cheese and	
Tomato or Meat only	\$4.00
Meat and Salad	\$5.00
Add extra fillings (each)	50c
AS a Roll add	50c
As a Wrap add	\$1.00
Buttered Roll	\$1.00
Chilli Chicken Tender & Salad	\$8.00

Salad Containers

(Available terms 1&4. Garden salad order only term 2&3)

Garden Salad, Caesar (A) and Pesto	
Pasta (A)	\$5.00
Add Meat	\$6.00
Mexican Chicken (B), Vietnamese	
Chicken Noodle (B)	\$6.00
Chilli Tender & Salad	\$8.00
Fruit Salad Small \$2.00 Large	\$4.00

Snacks

Layered Yoghurt & Muesli Cups	\$2.00
Zucchini Slice (GF order only), Pumpkin	
Scones (GF order only), Assorted Muffins	
Chicken Goujons (4) Monday &	
Thursday	\$2.00
Pizza Scrolls (Tuesday only)	\$1.00
Dim Sims	50c

Drinks

Bottled Water 600ml	\$2.00
Bottled Water 1L, Berry & Mango	
Flavoured Pump Water 750ml	\$3.50
Daily Juice 500ml (Orange &	
Breakfast)	\$3.50
Orchy Juice 500ml (Pine/Lime,	
Pine/Passion, Apple &	
Apple/Blackcurrant)	\$3.50
Orchy 250ml (Orange/Passio, Apple &	
Apple/Blackcurrant)	\$2.50
DF Classic 500ml	\$3.50
300ml DF Classic	\$2.50
Nippy's 500ml	\$3.50
Juice Bombs 250ml	\$2.00
Fruit Slushies	\$2.50
NO SUGAR Soft Drink Cans	\$3.00

Hot Food

Homemade

Lasagne, Spaghetti Bolognese	
Cheesy Macaroni	\$4.50

Term 2 & 3

Curry Chicken & Rice (GF), Butter Chicken	
& Rice (GF), Beef Stroganoff & Pasta	\$5.50
Honey Soy Chicken Noodle Stir Fry	\$6.00
Soups (Chicken & Veg or Pumpkin)	\$5.50
Add Dinner Roll	50c

Burgers & Rolls

Chilli Chicken Tender	\$4.00
Chicken, Lettuce & Mayo	\$4.50
Hawaiian Chicken with Lettuce, Mayo	
Pineapple, Cheese & Bacon (B)	\$5.50

Bakery

Beef Traveller Pie	\$4.00
Pepper Steak Traveller Pie	\$4.00
Sausage Roll	\$3.50
Angus Beef Pepper Sausage Roll	\$3.50
Pizza Rounda	\$4.00
Toasted Sandwiches & Pockets	\$5.00

Gluten Free Option (Order Only)

Chicken & Tomato Pasta, Lasagne, Mac &	
Cheese, Curry Chicken & Rice, Butter	
Chicken & Rice and Eggplant Lasagne (V)	
	\$5.50

Weekly Specials

Monday: Hamburgers	\$5.50
Tuesday: Homemade Pizza	\$3.00
Wednesday: Nachos (GF)	\$5.00
Thursday: Quiche	\$4.50
Friday: Chicken Gravy Rolls	\$4.50
Meatball Subs (Term 2&3)	\$5.00
add Cheese	\$5.50

Contact Details

Phone: 68622805

Karla Reidy (Supervisor) & Terri Pusterla

Facebook: *Parques High Canteen*

PLEASE NOTE:

PRICES ARE SUBJECT TO CHANGE.

VOLUNTEERS NEEDED.

