

Tempe High School, Canteens For 'Teens'

Menu 2024

Breakfast

Green Code for all of breakfast



Natural Yoghurt (Strawberry, Mango, passion fruit, muesli)	2.00
Homemade Rice Pudding	2.00/3.00
Fresh Fruit Salad Tub	4.00
Single Piece of Fruit	1.00
Bowl of Cereal and Milk	2.50
Crumpet with Honey	1.50
Banana Bread	4.00
Croissants plain/jam	3.50
Croissants cheese & tomato	4.50
Croissants ham & cheese	5.00
Pancakes x2	2.50
Baked Hash browns	2.00
Fresh Fetta Ricotta Puffs	1.50
Steamed Dumplings x 5	4.00
Steamed Bread	2.00
Variety of toast	1.00
Plain, Raisin, Grain	
Gluten Free on request	
Turkish cheese open grills	2.50
Toasted Sandwiches or Jaffles	
Tasty Cheese	2.50
Tasty Cheese and Tomato	3.00
Ham, Tasty Cheese	4.50
Ham, Tasty Cheese and Tomato	5.00
Bun or Sandwich	
Bacon Egg Cheese Bbq Sauce	4.50
Bacon and Egg	4.50
Egg Fetta Tomato & Baby Spinach	4.50
Breakfast Shake	
Up and Go	3.50
Water	2.50
Juice	3.00
Plain Milk	1.50
Flavoured Milk (lite)	4.00
Frozen Milo Cups	1.00
Hot Chocolate	3.00
Jelly Cups	1.00

Salads and Sandwiches

Green Code for all selection below

*Variety available at recess
and lunch daily



All Sandwiches are \$5.00
Made FRESH DAILY

CREATE YOUR OWN LUNCH

List of Ingredients below

Leg Ham	Tomato	Mayonnaise
Danish Salami	Cucumber	Sweetchilli
Roasted Turkey	Carrot Lettuce	BBQ Sauce
Roast Beef	Mushroom	Cesar Sauce
Bacon	Red Onion	Tomato Sauce
Fresh Chicken	Capsicum	Mustard
Tuna	Pineapple	Pesto
Egg	Avocado	Hummus
Tasty Cheese	Vegemite	Honey
Tabouli		



Some samples listed below:

- Roasted Turkey, tomato and lettuce
- Ham, Tomato, lettuce and Mayonnaise
- Danish Salami, tasty cheese and tomato
- Tasty cheese, cucumber and lettuce
- Fresh salad roll
- Roast beef, Tomato and Tasty cheese
- Tuna, lettuce and mayo
- Tuna, tomato, cucumber, and lettuce
- Fresh chicken and tabouli
- Fresh chicken, lettuce and mayo
- Sweet chili chicken, tomato and lettuce
- Caesar roll, chicken, bacon, cheese, lettuce and dressing
- Curried Egg and lettuce
- Bacon, lettuce and tomato BLT



ANY REQUEST POSSIBLE

Cold Salads

Green Code for all selection below



Cold Tuna Pasta Salad

Penne, carrot, sweetcorn, shallots Parsley, capsicum, sweet chilli

4.00

Fresh Garden Salad

Mixed lettuce, tomato, cucumber, carrot, capsicum, red onion, mushroom, parsley, shallots) & dressing

5.00

With top ons E.g: chicken, tuna, feta, falafel or egg.

5.50

Classic Caesar salad

Lettuce, grilled or poached chicken, tasty cheese , Croutons & dressing

S:5.00

L:6.00



Greek Salad

Tomato, cucumber, red onion, capsicum olives, baby spinach, feta, lettuce, oregano & dressing.

6.00

Mixed beans

2.00

Tabouli mini tubs

2.00

Cold Chicken Pesto Pasta

Penne red capsicum parsley shallots Pesto & chicken

4.00

Chicken Thai Salad

Cabbage red & white, carrot, parsley, shallots, red capsicum, baby spinach, coriander, thai basil, chicken & dressing

6.00



All chicken is fresh breast chicken not frozen

Any ingredients can be removed as salads are made on premises

Hot Food

All Meat & Poultry is Fresh not Frozen



- Chicken Schnitzel Roll / Sandwich with Lettuce mayo/ tabouli/ coleslaw 6.00
- Beef Burger (bbq sauce) *Real Beef Not Frozen Pattie* 6.00
- Chicken Burger (Mayo) *Real Chicken Not Frozen Pattie* 6.00
- Cheese burger (Tasty Cheese) 6.00
- Baked Fish Burger 6.00
- Fresh Chicken Tenderloin wrap 6.00
- Falafel wrap (vegetarian option) 7.00
- Meatball sub salsa Tasty cheese 5.00
- Fried Rice Tub 2.50
- Fresh Mini Wingettes x2 2.50
- Chicken Souvlaki *In Bread Roll lettuce & mayo* 6.00
- Baked Vegetarian Spring Rolls x2 2.50
- Dim Sims 1.50
- Dumplings (5 servings) 4.00
- Homemade Fetta/Ricotta Puffs 1.50
- Steamed pork Buns 2.00
- Hot dog & sauce 3.00
- *With Sauce and Cheese* 3.50

Homemade pizza (Any topping)
All Pizzas made with fresh ingredients and bread from the bakery – Not Frozen 5.00

Baked potato spud with topping
(Lite sour cream/sweet chilli, grated tasty cheese) 5.00

Nachos with salsa sauce sour cream & cheese 5.00

Homemade Nachos Chips Baked

Potato Wedges Fresh Homemade 5.00

Hot Pockets Ham & Pineapple 4.50

Vegetarian 4.50

Cheese 4.00

Hot Flat Breads Spinach/Fetta 6.00

Ham and Pineapple

Beef onion mushroom

Homemade Soup in Bowl 5.00

All soups made by us (winter only)

Hot Dishes

Home Cooked Meals

DAILY HOT MEALS



Monday	
Beef Lasagna	5.00
Red Pasta Vegie Napoli	4.00
Fettuccine Bosciola no meat	4.00
Butter Chicken and Rice	5.00

Tuesday	
Wingettes and Fried Rice	5.00
Spaghetti Bolognese	4.00
Three Cheese Pasta	4.00

Wednesday	
Napolitana (red) Pasta	4.00
Curry Chicken and Rice	5.00
Cream Potato bake	4.00

Thursday	
Sweet Chilli chicken and Rice	5.00
Spaghetti Bolognese	4.00
Creamy pesto pasta	4.00

Friday	
Butter Chicken & Rice	5.00
Cream potato (No Meat)	4.00
Napolitana (Red) Pasta	4.00

**All Vegetables are fresh
All dishes are prepared and
made on premises**

Drinks and Snacks



Natural Yoghurt Plain	2.00
Homemade Rice Pudding	2.00/3.00
Fresh Fruit Salad Tub	4.00
Single Piece of Fruit	1.00
Sultanas	1.00
Cheese and Cracker Packets	1.50
Up and go	3.50
Cereal bowl with milk	2.50
Water 600ml	2.50
Fruit ice sticks	1.00
Orchy Cups	1.00
Juice variety	3.00
Oak flavoured Milk	4.00
Jelly Cup	1.00
Fresh Milkshakes, made on site	5.00
Smoothies, made on site	5.00
Ice Tea	4.50
Frozen Milo Cups	1.00
Coffee	3.00
Tea	3.00
Hot chocolate	3.00