

2.00

1.00

2.50

4.50

4.50

4.50

2.00/3.00 4.00 1.00 2.50 1.50 4.00 3.50 4.50 5.00 2.50 2.00 1.50 4.00 2.00

Tempe High School, Canteens For 'Teens' Menu 2024

Breakfast

Green Code for all of breakfast





Natural Yoghurt (Strawberry, Mango, passion fruit, muesli) Homemade Rice Pudding Fresh Fruit Salad Tub
Single Piece of Fruit Bowl of Cereal and Milk
Crumpet with Honey
Banana Bread
Croissants plain/jam
Croissants cheese & tomato
Croissants ham & cheese
Pancakes x2
Baked Hash browns
Fresh Fetta Ricotta Puffs
Steamed Dumplings x 5
Steamed Bread
Variety of toast

Plain, Raisin, Grain Gluten Free on request Turkish cheese open grills





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
Run or Sandwich	



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
Danish Salami
Roasted Turkey
Roast Beef Mushroom
Bacon Red Onior
Fresh Chicken
Tuna Pineapple
Egg Avocado
Tasty Cheese Tabouli

Tomato Mayonnaise Sweetchilli Cucumber Carrot Lettuce **BBQ Sauce** Cesar Sauce Mushroom Red Onion **Tomato Sauce** Capsicum Mustard Pineapple Pesto Avocado Hummus Honey



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



4.00

5.00

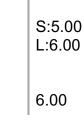
5.50

Cold Salads

Green Code for all selection below









Greek Salad Tomato, cucumber, red onion, capsicum

olives, baby spinach, feta, lettuce, oregano & dressing.

2.00 Mixed beans 2.00 Tabouli mini tubs

4.00 **Cold Chicken Pesto Pasta** Penne red capsicum parsley shallots Pesto & chicken



shallots, red capsicum, baby spinach, coriander, thai basil, chicken & dressing



All chicken is fresh breast chicken not frozen

Any ingredients can be removed as salads are made on premises



4.00

6.00

5.00

Hot Food







All Meat & Poultry is Fresh not Frozen

All Meat & Poultry is Fresh not Fr	ozen
 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) Baked Fish Burger Fresh Chicken Tenderloin wrap Falafel wrap (vegetarian option) Meatball sub salsa Tasty cheese Fried Rice Tub Fresh Mini Wingettes x2 	6.00 6.00 7.00 5.00 2.50 2.50
Chicken Souvlaki In Bread Roll lettuce & mayo	6.00
 Baked Vegetarian Spring Rolls x2 Dim Sims Dumplings (5 servings) Homemade Fetta/Ricotta Puffs Steamed pork Buns Hot dog & sauce With Sauce and Cheese 	2.50 1.50 4.00 1.50 2.00 3.00 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 Homemade Nachos Chips Baked	5.00
Potato Wedges Fresh Homemade	5.00
Hot Pockets Ham & Pineapple Vegetarian	4.50 4.50

Cheese

Homemade Soup in Bowl
All soups made by us (winter only)

Ham and Pineapple Beef onion mushroom

Hot Flat Breads Spinach/Fetta



Hot Dishes

Home Cooked Meals

DAILY HOT MEALS



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



Tuesday

Wingettes and Fried Rice	5.00
Spaghetti Bolognaise	4.00
Three Cheese Pasta	4.00



Wednesday 4.00

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

5.00 4.00



Sweet Chilli chicken and Rice	5.00
Spaghetti Bolognaise	4.00
Creamy pesto pasta	4.00



Friday

D. (() O. (.)	
Butter Chicken & Rice	5.00
Cream potato (No Meat)	3.00
Cream potato (No Meat)	4.00
Napolitana (Red) Pasta	4.00
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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 Sultanas Cheese and Cracker Packets Up and go Cereal bowl with milk Water 600ml	1.00 1.00 1.50 3.50 2.50 2.50
Fruit ice sticks Orchy Cups Juice variety Oak flavoured Milk Jelly Cup	1.00 1.00 3.00 4.00 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