

HOT STUFF

Garlic Bread (v) 1.00

- mini roll with our own herb & garlic butter

Fresh Bakery Goods

- Sausage Roll 3.00

- Spinach & Feta Roll (v) 3.50

- Vegetable Pastie (v) 4.00

- Chunky Beef Pie 4.00

Napolitana Pasta (v) low fat cheese 3.50

Bolognaise Pasta low fat cheese 4.00

Stuffed Potato (GF) 4.50

- Baked Potato filled with savory mince, topped with cheese, sour cream & shredded lettuce

FRIDAY SPECIAL

Sweet Chilli Chicken Sub 5.00

- Lightly spiced crumbed chicken tenders, lettuce, carrot, sweet chilli sauce & Mayo

DRINKS

Water 600ml 1.00

Flavoured Maleny Milk 300ml 2.00

500ml 3.00

Chill Iced Tea 250ml 2.50

100% Fruit Juice Poppers 200ml 1.50

Fresh Juice varieties 500ml 3.50

Up & Go 200ml 2.00

LOL 99% Fizzy juice 300ml 3.00



EXTRA YUMMIES

Healthy Snack Pack 3.00

- Carrot & Celery Sticks, rice crackers & hummus dip

Extras: whole Boiled Egg or Cheese chunks 1.00 each

Cinnamon Scroll 2.50

Cake slice 1.50

- Chocolate, Red Velvet, Carrot or Banana

Choc Chip Cookie 1.00

Fresh Fruit in Season 1.00

Fruit Salad Cup 2.00

Strawberry Yoghurt Small 1.00

Strawberry Yoghurt Large 2.50

Yoghurt Berry Crush 2.50

-Natural Muesli, Strawberry Yoghurt & Berries

AVAILABLE 2ND BREAK OVER THE COUNTER ONLY

Jelly Cups (low sugar) .50c

Small Chip Packets 1.50

Assorted Ice-blocks & Ice-creams **from** 1.00 -

3.50

Jelly Snakes .50c

Our School Canteen is committed to providing and promoting healthier food and drink choices to the students and teachers at Maleny State High. Our aim is to offer delicious food, mostly made on premises using quality ingredients that children and adults alike can enjoy whilst fuelling them for their school day.

Maleny State High School



Canteen Menu Term 1, 2016

OPENING HOURS: 8.00AM - 2.00PM
ORDERS BY 9AM

**Our canteen operating system is
changing!**

To assist us in meeting the lunch requirements of our school, we encourage ALL students to pre-order their lunch either before school at the canteen or online using the new Flexischools ordering system. This enables us to offer a much larger, healthier variety of foods that can be tailored to individual students needs.

**If students DO NOT pre-order their lunch,
a reduced menu only will be available over
the counter at both breaks.**

Flexischools On-line ordering system is now available!! It offers fast, secure and cashless transactions that can be made from your smartphone or PC 24/7. To register visit www.flexischools.com.au.

BREAKFAST BOUNTY

(Available daily at the canteen counter- pre order not required)

Breakfast Turkish 3.00
- Bacon, Egg, low fat Cheese, BBQ sauce

Café Style Raisin Toast 1.50
- Thick cut raisin toast with Butter

Fresh Fruit in Season 1.00

Yoghurt Berry Crush 2.50
- Natural Muesli, Strawberry Yoghurt & Berries

Strawberry Yoghurt Small 1.00

Strawberry Yoghurt Large 2.50
(Maleny Dairies Yoghurt)



WICKED WRAPS

CCS 4.00
Chicken, Cheese & Salsa lightly toasted

Tandango 5.00
Tandoori Chicken, mango chutney, minted yoghurt & salad greens

Falafel (v) 5.00
Falafel balls, hummus, tomato, minted yoghurt & salad greens lightly toasted

Salad 3.50
Lettuce, tomato, fresh beetroot, cucumber, carrot, sprouts

Salad with Cheese 4.00
Lettuce, tomato, fresh beetroot, cucumber, carrot, sprouts

Salad with Ham OR Chicken 4.50
Lettuce, tomato, fresh beetroot, cucumber, carrot, sprouts

TASTY TOASTIES

(we use REAL butter & multigrain bread)

Cheese & Tomato (v) 2.50

Ham & Cheese 3.00

Ham, Cheese & Tomato 3.50

Chicken, Cheese & Mayo 3.50

SAVVY SANDWICHES

Roast Chicken, Swiss cheese, salad greens and fresh herb mayo on Rye 4.00

Ham, Cheese, Tomato, salad greens on fresh multigrain bread 4.00

Bacon, lettuce, tomato & mayo on a lightly toasted Turkish roll 4.50

GOURMET ROLLS

(Crusty Fresh Baked Roll)

Roast Chicken, Swiss cheese, semi dried tomato, aioli, & salad greens 5.50

Roast Beef, mango chutney, Swiss fresh tomato & salad greens 5.50

Roast eggplant, capsicum, olives and herbs, fetta and salad greens 5.00



MAGNIFICENT MELTS

(Half long Turkish roll with assorted toppings)

Garlic Cheese Melt (v) 2.00
- garlic butter, melted low fat cheese

Bolognaise Cheese Melt 2.50
- homemade savory mince with low fat cheese

Hawaiian Melt 2.50
- ham & fresh pineapple with low fat cheese

Pesto Melt (v) 2.50
- pesto & low fat cheese

Chicken Pesto Melt 3.50
- chicken, pesto & low fat cheese

FRESH SUSHI

(Available Thursday & Friday Only)

- Choose from Avocado (v), Prawn Mayo, Tuna Mayo, Teriyaki Chicken, Crispy Chicken & Avocado
Per roll 3.50



SALAD BOWLS

Super Salad - Lettuce, tomato, carrot, alfalfa, cucumber, cheese, beetroot & mayo (GF) 4.00

- Add Ham OR Chicken OR Egg 5.00