HOT STUFF

Carlia Ducad

Garne Bread (v)	1.00
- mini roll with our own herb & garlic butter	
Fresh Bakery Goods	
- Sausage Roll	3.50
- Spinach & Feta Roll (v)	4.00
- Vegetable Pastie (v)	4.50
- Chunky Beef Pie	4.50
Napolitana Pasta(v) low fat cheese	4.00
Bolognaise Pasta low fat cheese	4.00
Stuffed Potato (GF)	5.00

- Baked Potato filled with savory mince or Napolitana sauce (v) or Ham & Pineapple or Salsa(v), topped with cheese, yoghurt & shredded lettuce

FRIDAY SPECIAL

Sweet Chili Chicken Sub 5.00 - Lightly spiced crumbed chicken tenders, lettuce, carrot, sweet chili sauce & Mayo

DRINKS		
Water	600ml	1.00
Flavoured Maleny Milk	300ml	2.00
	500ml	3.00
Fresh Juice varieties	300ml	2.50
	500ml	3.50
Up & Go	200ml	2.00
Glee 99% Fizzy juice	300ml	3.00
Coconut milk	250ml	3.00

OTHER HOT STUFF		
Chicken Cur		5.00
Vegetable Cu	ırry	5.00
Soup 3.00 Only Available During Winter Months		
Dim Sims	Chicken Vegetable	4.00 3.50

EXTRA YUMMIES

Assorted Pastries	2.50
Cake slice	1.50
- Chocolate, Red Velvet, Carrot or Banana	
Choc Chip Cookie	1.00
Fresh Fruit in Season	1.00
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

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 preorder 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 - Bacon, Egg, low fat Cheese, BBQ sauce	3.00
Brekky Wrap	4.00
- Bacon, Egg, Low Fat Cheese, BBQ Sauce, Hash F	Brown
Fresh Fruit in Season	1.00
Yoghurt Berry Crush -Natural Muesli, Strawberry Yoghurt & Berries	2.50
Strawberry Yoghurt Small	1.00
Strawberry Yoghurt Large (Maleny Dairies Yoghurt)	2.50

WICKED WRAPS

CCS Chicken, Cheese & Salsa lightly toasted	4.00
Potato & Cheese Wrap	3.50
Potato, Pumpkin, Sweet Potato & Chees Lightly toasted	e
Falafel (v) Falafel balls, hummus, tomato, minted	5.00
yoghurt & salad greens lightly toasted	
Salad Lettuce, tomato, fresh beetroot, cucumb	3.50 er.
carrot, sprouts	
Salad with Cheese Lettuce, tomato, cucumber, carrot, spro	4.00 uts
Salad with Ham OR Chicken	4.50
Lettuce, tomato, cucumber, carrot, spro	uts

ROLLS

Salad with Cheese	4.50
Lettuce, tomato, cucumber, carrot, s	prouts

Salad with Ham OR Chicken 5.00 Lettuce, tomato, cucumber, carrot, sprouts

TASTY TOASTIES

(we use REAL butter & multigrain	bread)
Cheese	2.00
Cheese & Tomato (v)	2.50
Ham & Cheese	3.50
Ham, Cheese & Tomato	4.00
Chicken, Cheese & Mayo	4.00

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 5.00

Mini BLT 3.00

GOURMET ROLLS

(Crusty Fresh Baked Roll)

Roast Chicken, Swiss cheese, semi dried tomato, aioli, & salad greens 6.00

Roast Beef, mango chutney, Swiss fresh tomato & salad greens 6.00

Roast eggplant, capsicum, olives and herbs, fetta and salad greens 6.00



MAGNIFICENT MELTS

(Half long Turkish roll with assorted toppings)

Garlic Cheese Melt - garlic butter, melted low fat cheese	2.50
Bolognaise Cheese Melt - homemade savory mince with low fat cheese	3.00
Hawaiian Melt	3.00
 ham & fresh pineapple with low fat cheese 	
Pesto Melt (v) - pesto & low fat cheese	3.00
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

Chicken Caesar Salad – Lettuce, chicken, bacon, egg, croutons, parmesan cheese &

chicken, bacon, egg, croutons, parmesan of Caesar salad dressing

Pasta Salad - Pasta, beans, capsicum, pine nuts, green onions, tomatoes, mixed herbs, vinegar, olive oil, mustard & cream

Potato Salad — Potatoes, egg, bacon, green onions, mint, parsley, vinegar, mustard, mayonnaise & Greek yoghurt

Small - 3.00 Large - 5.00