



*Wraps, Rolls, Salad and more, we have plenty of food galore
Fruit, Yoghurt and snacks to delight So many choices to help you
eat right!*

Fresh from the Salad Bar

| | Sandwich | Rolls &Wraps |
|-------------------------|----------|--------------|
| Ham and Salad | 5.00 | 5.50 |
| Chicken and Salad | 5.00 | 5.50 |
| Tuna and Salad | 5.00 | 5.50 |
| Chicken, Lettuce & Mayo | 4.50 | 5.00 |
| Egg and Lettuce | 4.50 | 5.00 |
| Ham | 3.50 | 4.00 |
| Ham and Cheese | 4.00 | 4.50 |
| Cheese | 2.50 | 3.00 |
| Vegemite | 2.00 | 2.50 |

Hot and Healthy Options

| | | |
|---|--|------|
| Oven Baked Chicken Schnitzel Roll | | |
| - with gravy | | 5.00 |
| - lettuce and mayo | | 5.00 |
| - with salad | | 5.50 |
| - Parmigiana | | 5.50 |
| Vegetable Burger | | 5.00 |
| - with lettuce and mayo | | |
| Zinger Burger | | 6.00 |
| - spicy chicken fillet with lettuce, cheese and bacon | | |
| Cheeseburger | | 5.00 |
| - lean beef and cheese | | |
| Chicken Burger | | 5.00 |
| - with lettuce and mayo | | |
| Meatball Sub | | 5.00 |
| - with tomato pasta sauce and cheese | | |
| Warm Chicken Wrap | | 5.50 |
| - with baby spinach and mayo | | |
| Chicken Sweet Chilli Wrap | | 5.50 |
| - with baby spinach, cheese, sweet chilli sauce and mayo | | |
| Warm Caesar Chicken Wrap | | 5.50 |
| - with baby spinach, cheese and bacon | | |
| Tandori Chicken Wrap | | 5.50 |
| - with spinach and tzatziki | | |
| Honey Mustard Chicken Wrap | | 5.50 |
| - with spinach and cucumber | | |

(Gluten Free (GF) options available upon request)

Hot and Healthy Options continued

| | |
|--|------|
| Garden Salad Tub | 6.00 |
| - with chicken, ham or tuna | |
| Pasta | 5.00 |
| - Bolognaise | |
| - Napoli | |
| <u>Warmed Occasional Snacks</u> | |
| Pie | 4.00 |
| Sausage Roll | 3.50 |
| Hot Dog | 3.50 |
| Party Pie | 1.00 |
| Chicken Breast Nuggets | .60 |
| Tomato Sauce | .20 |

Healthy All Day Snacks

| | |
|----------------------------------|------|
| Chocolate Chip Muffin | 1.50 |
| Fruit (Apples, Banana or Orange) | 1.00 |
| Low Fat Chips | 1.20 |
| Daily Slice | 1.50 |
| <u>Icy Treats</u> | |
| Paddle Pops | 1.50 |
| Callipo Mini | 1.20 |
| Icy Twist | 1.20 |
| Frozen Yoghurt | 2.00 |
| Orange Cruncha | 1.00 |
| Zing | 1.00 |
| Zooper Dooper | 1.00 |

Cold Drinks

| | |
|--------------------------------|------|
| Low fat flavoured milk - Small | 2.50 |
| Low fat flavoured milk - Large | 3.50 |
| 100% Juice - Small | 2.00 |
| 100% Juice - Large | 3.00 |
| Water | 2.50 |
| Pump Flavoured Water | 4.00 |

*H & H Canteens believes that choosing a variety of foods in
moderation from this menu together with regular physical activity
are essential ingredients for good health.*

**Please advise us of any special dietary needs and requirements. All
items are available without sauce etc if requested.**