



*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<br>- with gravy  | 5.00 |
| - lettuce and mayo   | 5.00 |
| - with salad   | 5.50 |
| - Parmigiana   | 5.50 |
| Vegetable Burger<br>- with lettuce and mayo  | 5.00 |
| Zinger Burger<br>- spicy chicken fillet with lettuce,<br>cheese and bacon                | 6.00 |
| Cheeseburger<br>- lean beef and cheese   | 5.00 |
| Chicken Burger<br>- with lettuce and mayo  | 5.00 |
| Meatball Sub<br>- with tomato pasta sauce and cheese                                     | 5.00 |
| Warm Chicken Wrap<br>- with baby spinach and mayo  | 5.50 |
| Chicken Sweet Chilli Wrap<br>- with baby spinach, cheese, sweet chilli sauce<br>and mayo | 5.50 |
| Warm Caesar Chicken Wrap<br>- with baby spinach, cheese and bacon                        | 5.50 |
| Tandori Chicken Wrap<br>- with spinach and tzatziki                                      | 5.50 |

**(Gluten Free (GF) options available upon request)**

**Hot and Healthy Options continued**

|   |      |
|---|------|
| Honey Mustard Chicken Wrap<br>- with spinach and cucumber | 5.50 |
| Garden Salad Tub<br>- with chicken, ham or tuna           | 6.00 |
| <b><u>Warmed Occasional Snacks</u></b>                    |      |
| 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 |
| <b><u>Icy Treats</u></b>         |      |
| 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.**