



*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

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

(Gluten Free (GF) options available upon request)

Hot and Healthy Options continued

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|---|------|
| Garden Salad Tub - with chicken, ham or tuna | 6.00 |
| Pasta - Bolognaise - Napoli | 5.00 |
| Toasted sandwich - Cheese | 3.50 |
| - Ham and cheese | 4.00 |
| - Ham, cheese and tomato | 4.50 |

Warmed Occasional Snacks

| | |
|---------------------------------------|--------|
| Pie | 4.00 |
| Sausage Roll | 3.50 |
| Hot Dog | 3.50 |
| Party Pie | 1.00 |
| Chicken Breast Nuggets (minimum of 3) | .70ea |
| Tomato Sauce | .20 |
| Steamed Dim Sim (minimum of 2) | 1.00ea |

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 |

Icy Treats

| | |
|----------------|------|
| 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.