

# Winter Menu

Term 2 and Term 3, 2022

Pittwater House has a commitment to empowering our students to make healthy eating choices and strives to serve fresh healthy foods in the canteen.

Foods with high fat, sugar or salt content are avoided. Products containing nuts, nut traces or sesame seeds are not sold.

Please contact the canteen at: [canteen@tphs.nsw.edu.au](mailto:canteen@tphs.nsw.edu.au) if you have any dietary queries.

Orders must  
be received  
by 8am daily

## Breakfast 7.30 – 8.30am daily

Wholemeal Buttered Toast (2 slices)	\$ 2.00	Banana Bread	\$ 3.00
Gluten-free Buttered Toast (1 slice) (GF)	\$ 2.00	Pancakes Butter/Maple Syrup (1 per serve)	\$ 2.00
Vegemite Toast (2 slices)	\$ 2.50	Fresh Fruit	\$ 1.00
Boiled Egg	\$ 2.00	Yoghurt with Berries and Granola	\$ 3.50
Hash Brown	\$ 1.50	Fresh Yoghurt	\$ 2.50
Croissant	\$ 4.00	Up & Go (vanilla, chocolate)	\$ 3.00
Ham and Cheese Croissant <i>Toasted</i>	\$ 5.50	100% Juice (apple, orange)	\$ 3.50
Bacon Roll	\$ 4.00	Poppers (apple/blackcurrant, orange, apple)	\$ 2.00
Bacon and Egg Roll	\$ 5.00		



## Sandwiches, Rolls & Wraps

Plain Roll <i>with or without butter</i>	\$ 2.00	<b>BLT</b> bacon, lettuce & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 6.00
Vegemite	\$ 2.50	<b>BLAT</b> bacon, lettuce, avocado & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 6.00
Salad	\$ 5.00	<b>Chicken &amp; Salad Wrap</b> (un-toasted)	\$ 7.00
Cheese	\$ 4.00	<b>Ham or Cheese &amp; Salad Wrap</b> with ham or cheese, salad and choice of dressing (un-toasted)	\$ 7.00
Cheese and Tomato	\$ 4.50	<b>Chicken Caesar Salad Wrap</b> with chicken, lettuce, egg, bacon, cheese and Caesar dressing (un-toasted)	\$ 7.00
Egg	\$ 4.00	<b>Teriyaki Chicken Wrap</b> with tomato, grated cheese, lettuce (toasted or un-toasted)	\$ 7.00
Egg, Lettuce & Mayo	\$ 5.00	<b>Falafel Wrap</b> (V) with hummus, tomato, cheese, lettuce (toasted or un-toasted)	\$ 7.00
Tuna, Lettuce & Mayo	\$ 5.00		
Chicken	\$ 5.00		
Chicken, Lettuce & Mayo	\$ 6.00		
Ham OR Ham & Cheese	\$ 4.50		
Ham, Cheese & Tomato	\$ 5.00		
Counter Sandwiches (All Pre wrapped)	\$ 6.00		

White, Gluten Free, Wholemeal, Bread (Rolls 50c extra)



## Extras May be added to sandwiches and/or salads at an additional cost

Avocado	\$ 2.00	Bacon	\$ 1.50
Boiled Egg	\$ 2.00	Salad (tomato, cucumber, carrot & lettuce)	\$ 2.00
Breast Chicken	\$ 2.00	Falafel	\$ 1.50
Cheese – Cheddar Cheese	\$ 1.50	Tomato, Cucumber, Carrot or Lettuce	\$ .50
Ham	\$ 1.50	Hummus	\$ 1.00



## Salads

<b>Garden Salad</b> (V) (GF) mixed lettuce leaves, tomato, carrot, cucumber & balsamic or mayo dressing	<i>Small</i> \$ 5.00 <i>Large</i> \$ 7.00	<b>Greek Salad</b> (V) (GF) cherry tomatoes, lettuce, cucumber, feta, olives, green pepper (capsicum), Spanish onion with balsamic dressing	<i>Small</i> \$ 6.00 <i>Large</i> \$ 8.00
<b>Chicken Caesar Salad</b> chicken, lettuce, cherry tomatoes, bacon, croutons, cheese with Caesar dressing	<i>Small</i> \$ 8.00 <i>Large</i> \$ 10.00		



(GF) = Gluten Free  
(V) = Vegetarian

## Winter Menu continued...

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### Sushi

Sushi Roll – Tuna & Cucumber	\$ 4.50	Sushi (9 mini pieces) – Tuna	\$ 4.50
Sushi Roll – Chicken Teriyaki & Lettuce	\$ 4.50	Sushi (9 mini pieces) – Avocado	\$ 4.50
		Sushi (9 mini pieces) – Cucumber	\$ 4.50



### Hot Food Options

Crumbed Chicken Breast	\$ 3.00	<b>Chilli Chicken Strip Burger</b>	\$ 6.00
Chilli Chicken Strip	\$ 2.50	<i>Two chilli chicken strips, lettuce, tomato &amp; cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>	
Sausage Rolls	\$ 3.50	<b>Beef Burger (Fridays Only)</b>	\$ 7.00
Spinach and Ricotta Rolls (V)	\$ 4.00	<i>Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Pie Beef	\$ 4.50	<b>Cheese Burger (Fridays Only)</b>	\$ 7.00
Garlic Bread	\$ 3.50	<i>Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Sauce Sachet	\$ .20		



<b>Homemade Pasta</b>	<i>Small</i>	\$ 6.00	<b>Chef's Hot Daily Specials of the Week</b>	
<i>Napolitana or Bolognaise</i>	<i>Large</i>	\$ 8.00	<i>(please check Menu Board/Skoolbag)</i>	<i>Small</i> \$ 6.00
<b>Chicken Burger</b>		\$ 5.00		<i>Large</i> \$ 8.00
<i>Crumbed chicken breast fillet, lettuce, tomato and cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>			<b>Chef's Soup of the Week with Roll</b>	\$ 6.00
			<i>(please check Menu Board/Skoolbag)</i>	
<b>Fish Burger</b>		\$ 6.00		
<i>Crumbed Fish fillet on a soft white roll with lettuce &amp; tartare sauce</i>				



### Fresh Bakery

Banana Bread	\$ 3.00	Choc Chip Cookie	\$ 1.00
Cheese and Ham Rolls	\$ 3.50	Mini Finger Bun (Fridays Only)	\$ 2.00
Ham and Cheese Croissant	<i>Plain</i> \$ 4.00	Fresh Muffins	\$ 4.00
	<i>Toasted</i> \$ 5.50		



### Snacks

Fruit – Fresh Seasonal (per piece)	\$ 1.00	Smiths Chips (Salt & Vinegar)	\$ 1.50
Fruit – Watermelon	<i>Small</i> \$ 3.00	Red Rock Chips 28g (Plain (GF), Honey Soy)	\$ 1.50
	<i>Large</i> \$ 5.00	Gluten Free Snacks	\$ 2.00
Fruit Salad	\$ 4.00	Yoghurt (Yoplait)	\$ 2.50
Pot of Hummus	\$ 1.00	Yoghurt Cup (with Berries & Granola)	\$ 3.50
Tub of Cucumber and Carrot	\$ 2.00	Quelch Sticks	\$ 1.00
Carrot Sticks	\$ .50	Sorbets	<i>Small</i> \$ 3.50
Cucumber Sticks	\$ 1.00		<i>Large</i> \$ 4.00
Grain Waves	\$ 1.50		



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### Drinks

Sparkling Water	\$ 2.00	Popper (apple/blackcurrant, orange, apple)	\$ 2.00
Mt Franklin Sparkling Water	\$ 3.00	Up & Go (vanilla, chocolate)	\$ 3.00
Spring Water	\$ 2.00	Flavoured Milk (chocolate, strawberry)	\$ 2.50
100% Juice (orange, apple)	\$ 3.00		
Juice Bombs	\$ 2.50		

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