





East Hills Public School 2018

SANDWICHES			SALADS			BREAKFAST		
H	Chicken breast	\$3.60	H	GARDEN - Lettuce, cucumber carrot, celery, Italian dressing	\$4.00		TOASTED SANDWICHES-	
	Roast beef	\$3.60				H	Cheese toastie	\$2.50
	Roast pork	\$3.60	H	SALAD BOX- Lettuce, tomato cucumber, carrot, beetroot, cheese, slice bread	\$4.20		Ham, cheese, tomato	\$3.80
H	Ham	\$2.80				H	Cheese and tomato	\$3.00
	Ham and cheese	\$3.50	H	GREEK-Lettuce, cucumber, tomato, capsicum, feta, olives, homemade dressing	\$5.00		Fruit cup	\$1.50
	Ham cheese and tomato	\$3.80					Flavored milkshakes	\$3.20
H	Egg lettuce mayo	\$3.60		CAESAR-Cos lettuce, egg, bacon, crouton, caesar dressing	\$5.00		Yogurt tub	\$2.50
H	Tuna	\$3.00				H	FRESHLY MADE YOGURT-	
	Full salad only	\$3.60	H	*VIETNAMESE- Noodles, capsicum, carrot, shallots, bean shoots, cucumber, coriander, homemade dressing	\$5.00		Plain vanilla	\$3.00
	Cheese	\$2.50					Vanilla with fruit or muesli topping	\$3.50
	Cheese and tomato	\$3.00					Hot chocolate (Winter)	\$1.50
	Chicken caesar wrap	\$6.00	H	*PASTA -Pasta, celery, capsicum, corn, parsley, mayo dressing	\$5.00		Fresh Fruit	\$1.00
H	*Chicken schnitzel w/ lettuce mayo	\$4.00				H	Muffin varieties	\$2.60
H	Sweet chilli chicken wrap	\$4.20	H	*CHICKPEA-Chickpeas, tomato, red onion, cucumber, parsley, fetta, baby spinach, French dressing	\$5.00		Small flavored milk	\$2.40
							Up & Go	\$2.50
							Juice bottles	\$3.40
	EXTRAS		H	*LENTIL- Lensils, red onion, cucumber, tomato, mint, salad leaves, Italian dressing ADD HALOUMI	\$5.00			
	Roll	\$1.00			\$6.00			
	Wrap, FOCCACIA or TURKISH bread	\$1.20	H	*BROWN RICE & QUINOA- Brown rice and quinoa, mixed salad leaves, roasted capsicum, celery, red onion, dijonaise dressing	\$5.00	H	Banana bread varieties	\$1.50
	Condiments or salad filling each	50C						
	Avocado	80C	H	Add chicken to any salad for extra	\$1.00		MORNING SPECIAL DEAL 1-	\$4.00
H	Cheese Tomato, BBQ, Sweet and sour sauce	60C 40C	H	Fresh seasonal fruit salad	\$3.50	H	Cheese toastie, piece of fruit , bottle of water	
								
	*SUSHI			*RICE PAPER ROLLS		H	MORNING SPECIAL DEAL 2- Egg and cheese roll, bottle of water, piece of fruit	\$4.90
H	*Tuna varieties	\$3.20	H	*Chicken and vegetable	\$3.50			
	*Chicken varieties	\$3.20	H	*Vegetarian	\$3.00			
H	*California	\$3.20						
	(H) HALAL OPTION			(Yellow)EVERYDAY			(BLUE) OCCASIONAL	

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HOTFOOD 			WINTER SOUPS 			SNACKS		
H	Chicken or beef burger	\$3.80	H	Chicken and corn soup	\$3.50		Yogurt tub	\$2.50
H	Fish burger	\$4.00	H	Pumpkin soup	\$3.50		Custard cup	\$1.30
	Roast beef hot roll w/ cheese and BBQ sauce	\$3.80	H	Minestrone soup	\$3.50		Jelly cup	70C
			H	Lentil and veg soup	\$3.50		Jelly and custard cup	\$1.30
H	Chicken breast hot roll w/ cheese and mayo	\$3.80	H	All soups served with slice bread or crouton			*Cucumber & Carrot sticks w/hummus dip	\$2.50
H	*Chicken schnitzel roll w/gravy	\$5.00	DRINKS				Chips	\$1.50
	Traveller pie	\$3.60		Bottle of water	\$2.00		Rice bars	\$1.20
	Jumbo lite sausage roll	\$3.00		Glee flavors	\$2.50		Rice cracker	\$1.20
	Cheese and spinach roll	\$3.80		Popper juice	\$1.50		Pretzels	\$1.20
H	Halal steak pie	\$4.00		OKI flavors	\$2.50		Seaweed	\$1.20
H	Halal sausage roll	\$3.50		100% juice bottle	\$3.40		Popcorn	\$2.40
	Corn Cobbette	\$1.00		Flavored milk -small Choc, straw and vanilla	\$2.40		Cough drops	\$1.00
H	Garlic bread or Herb bread	\$2.20		Up & go milk	\$2.50		Ovalteenies	\$1.00
H	Vege lasagna or mac & cheese	\$4.00		Aloe vera	\$3.50		Roll up	\$1.20
H	*Manoush -Oregano	\$3.00					Fruit cup	\$1.50
H	-Cheese	\$3.80					Yogurt sticks (lunch only)	20C
H	-Meat	\$3.80					Sun fruit lolly bag	60C
H	Pizza -Vegetarian	\$3.50	 			 		
H	-Cheese	\$3.50						
	-Ham and cheese	\$3.50						
H	-BBQ chicken	\$4.00						
	Beef slams	\$3.60						
H	3 nuggets or 3 chippies	\$2.20						
H	6 nuggets or 6 chippies	\$4.00	ICECREAMS					
H	Sweet chilli tender wrap	\$4.00						
HOT SPECIALS				Frozen yogurt/gelato cup	\$2.50		Tomato and BBQ sauce	40C each
				Other varieties	\$3.00		Lunch bags	10C each
H	*Butter chicken w/rice	\$5.00		Zooper dooper	\$1.00		Fork or spoon if not required with meal	20C each
H	*Chicken souvlaki w/ hummus on pita	\$5.00		Slushie - Small -Large	\$2.00 \$3.00			
H	*Satay chicken w/rice	\$5.00						
H	*Falafel w/hummus on wrap	\$5.00	ALL FOODS MARKED WITH AN (*) ARE ON A DAILY ROTATION				All foods marked with (H) halal option	

H	*Vegetarian rice noodles	\$5.00				(Yellow) Everyday 5 star	
H	*Chicken and veg Hokkien noodle stir fry	\$5.00	BUY ANY HOT SPECIAL FOOD AND GET:			(Blue) Occasional 3 star	
H	*Stir fry seasonal veg w/jasmine rice	\$5.00	BOTTLE OF WATER FOR AN EXTRA \$1 OR				
H	*Chicken drumstick w/ mash, gravy & corn cob	\$5.00	BOTTLE OF WATER & PIECE OF FRUIT FOR EXTRA \$2				

