

Chatswood High School

2023

BREAKFAST

Toast- jam/honey/vegemite \$4.00
Fresh seasonal fruit \$1.00
Large Fresh fruit salad \$5.00
Low fat muffins \$4.50
Low fat banana bread \$4.50
Raisin Toast \$4.00

SALADS (Green)

Garden Salad \$6.50
Greek Salad \$7.00
Schnitzel Caesar Salad \$7.00
Caesar Dry \$6.50
Tuna Pasta Salad \$7.00
Chicken Avocado Pasta Salad \$7.00

SANDWICHES (Green)

(White/whole meal/multigrain)
Turkey Cheese & Cranberry \$5.00
Egg & lettuce \$5.00
Tasty cheese & Salad \$5.00
Tasty cheese \$4.50
Tasty cheese & Tomato \$5.00
Lean roast chicken
\$5.00
Lean roast chicken, lettuce & mayo \$5.00
Tuna & Salad
\$5.00
Chicken & salad \$5.00
Salad
\$5.00
Lean lite ham, tomato, cheese \$5.00
Avocado and Chicken \$5.00
Tuna, Spanish Onions, Cucumber & Sprouts \$5.00

WRAPS (Green)

Schnitzel Caesar Wraps \$7.00
Veggie Wraps \$7.00
Char Grilled Chicken kebab \$7.00
Sweet Chilli Chicken Wrap \$7.00
Ham Salad Wrap \$7.00

FOCACCIA (Green)

(All \$7.00)
Schnitzel Avo-(grilled eggplants & capsicum, cheese)
Grilled Chicken-(Salad with avocado)
Smoked Salmon-(red onions & cheese)
Vegetarian-(eggplant, capsicum, sundried tomatoes & feta)

HOT FOODS

Low fat beef pie \$5.00
Giant sausage roll \$4.50
Spinach & ricotta roll \$5.00
Fish Burger \$6.50
Gourmet beef burger \$8.00
Chicken Burger \$7.00
Veggie Burger \$8.00
Fried Rice \$6.50
Lasagna/vegetarian lasagna \$6.50
Napolitano pasta with fresh basil \$6.50
Mediterranean pasta \$6.50
Spaghetti Bolognese \$6.50
Gnocchi \$5.00
Ravioli \$5.00
Stir-Fry Noodles \$6.50
Butter Chicken \$6.50
Stir Fry Chicken and Rice \$6.50
Teriyaki Chicken \$6.50
Curry \$6.50
Fish and Chips \$8.00
Chicken and Chips \$8.00
Garlic Bread \$3.00
Vegetable Spring Rolls \$6.00
Pork & Chive Dumplings \$6.00

DRINKS

Flavoured milk - 300ml \$3.00/600 ml \$4.50
Spring water \$3.00
Up and Go \$3.00
100 % popper \$2.50
Assorted Mineral Water \$4.50
Low Sugar Powerade \$5.00
Aloe Vera \$5.00