



**Maleny SHS Canteen  
Winter Menu**

*Welcome to the NEW Maleny State High School canteen! As the owner / operator of the canteen, it is my mission to ensure that all families, students and staff have access to healthy, home cooked meals and treats every day. I hope you enjoy!*  
Sharyn Kennedy

**BREAKFAST & SNACKS**  
(available over counter only)

Bacon, egg, cheese and BBQ sauce (Wrap, Turkish or Muffin) .....	\$3.50
- Loaded with a hash brown ...	\$4.00
Croissant w ham/cheese .....	\$3.00
Croissant w tomato /cheese (v).....	\$2.50
Yoghurt berry crush .....	\$3.00
Coconut chia pod w berries (v) .....	\$2.00
Fresh fruit pieces .....	\$1.00
House baked muffins .....	\$2.00
Hummus w veg sticks (v) .....	\$4.00
Tasty cheese w crackers .....	\$4.00
House baked cookies .....	\$1.00
House made choc balls .....	\$1.50
House made triple choc brownies .....	\$2.50
Daily sweet treat .....	\$TBA

**EVERYDAY GOURMET WRAPS & ROLLS**  
(or make your own via lunch order)

Ham & salad .....	\$5.50
Chicken & salad .....	\$6.00
Chicken schnitzel .....	\$6.00
Chicken Caesar .....	\$6.50
Roast beef, horseradish & salad.	\$6.50
Chicken, bacon, cheese & avo.....	\$7.00
Falafel, hummus & salad(v) .....	\$6.00

\*\*add avocado to any \$1.00\*\*

**NAKED GOURMET**  
(gourmet wrap or roll 'in a bowl')

Your choice of Everyday gourmet wrap or roll in a salad bowl..... \$as above  
add quinoa & brown rice .....

**PRE-ORDERS ONLY AVAILABLE ONLINE VIA [quickcliq.com.au](http://quickcliq.com.au)**  
Orders must be placed by 9.30am – no late orders will be accepted  
We encourage pre-orders to ensure that your dietary requirements can be met  
**\*\* WE WILL BE PHASING OUT PRE-ORDERS OVER THE COUNTER\*\***

## EVERYDAY SANDWICHES

(or make your own via lunch order)

## WEEKLY SPECIALS

(specials will run everyday for 1 week)

### Fresh

Salad sandwich .....	\$4.00
(lettuce, tomato, cucumber, carrot, beetroot)	
Egg & Lettuce sandwich .....	\$4.00
Ham salad sandwich .....	\$4.50
Chicken salad sandwich .....	\$4.50
Cheese salad sandwich .....	\$4.00
Tasty cheese sandwich .....	\$3.00
Ham, cheese, tomato sandwich..	\$4.00
Vegetemite sandwich .....	\$2.50

### Toasted

Ham, cheese, tomato .....	\$4.50
Ham & cheese .....	\$4.00
Cheese & vegetemite .....	\$3.50
Chicken, cheese, mayo .....	\$4.50

\*\*GF WRAPS, ROLLS & BREAD AVAILABLE ADD \$1.00\*\*

\*\* WE ONLY USE REAL CHICKEN IN ALL OF OUR FRESH SANDWICHES\*\*

### Week 9-13 August

Beef nachos w guac & sour cream ...	\$6.00
Bean nachos w guac & s/cream (v)..	\$5.00
Pulled pork burritos .....	\$6.00
Corn chips with salsa & guac (v)....	\$4.00

### Week 16-20 August

Karaage chicken or Cauli bowl .....	\$6.00
Chicken fried rice (v opt) .....	\$5.00
Pork Bahn Mi .....	\$6.00
Steamed meat dumplings .....	\$4.00
Steamed veg dumplings .....	\$4.00

### Week 23-27 August

Meatball sub .....	\$6.00
Stuffed baked potato (v opt).....	\$5.00
Cheese burger (veg or beef) .....	\$5.00
Stuffed hot dog with mustard .....	\$4.50

### Week 30-3 September

House made pizzas	
Ham & pineapple .....	\$5.00
BBQ Chicken & bacon.....	\$5.00
Mediterranean veg & feta .....	\$5.00
BBQ meat lover .....	\$5.00

## HOT FOOD

Beef pie .....	\$4.00
Giant sausage roll .....	\$4.00
Cheese & spinach roll(v) .....	\$4.00
Sweet chilli chicken tender wrap.	\$5.00
Chicken, cheese & salsa wrap .....	\$4.00
Vege patty, cheese & chutney wrap(v)	
.....	\$5.00
Garlic Bread roll .....	\$2.00
Bolognese penne .....	\$5.00
Vege napoli penne(v) .....	\$4.50
Butter chicken w basmati .....	\$5.00
Creamy coconut vege curry(v) .....	\$4.50

\*\*GF PASTA AVAILABLE ON REQUEST\*\*

## DRINKS

Mt Franklin water .....	\$2.50
Mt Franklin sparkling w lime .....	\$3.00
Just Juice juice box .....	\$2.00
Up & go .....	\$3.00
Flavoured milk 300ml .....	\$2.50
Flavoured milk 500ml .....	\$3.00
Plain milk 500ml .....	\$2.50



Love your school canteen