

## HOT STUFF

<b>Garlic Bread</b> (v)	1.00
- mini roll with our own herb & garlic butter	
<b>Fresh Bakery Goods</b>	
- Sausage Roll	3.00
- Spinach & Feta Roll (v)	3.50
- Vegetable Pastie (v)	4.00
- Chunky Beef Pie	4.00
<b>Napolitana Pasta</b> (v) low fat cheese	3.50
<b>Bolognaise Pasta</b> low fat cheese	4.00
<b>Stuffed Potato</b> (GF)	4.50
- Baked Potato filled with savory mince or Napolitana sauce (v), topped with cheese, sour cream & shredded lettuce	

### \*\*\*FRIDAY SPECIAL\*\*\*

<b>Sweet Chilli Chicken Sub</b>	5.00
- Lightly spiced crumbed chicken tenders, lettuce, carrot, sweet chilli sauce & Mayo	

## DRINKS

Water	600ml	1.00
Flavoured Maleny Milk	300ml	2.00
	500ml	3.00
Fresh Juice varieties	300ml	2.50
	500ml	3.50
Up & Go	200ml	2.00
LOL 99% Fizzy juice	300ml	3.00
Coconut milk		3.00



## CURRIES

<b>Butter Chicken</b>	5.00
<b>Chicken Curry</b>	5.00
<b>Vegetable Curry</b>	5.00

**Only Available During Winter Months**

## EXTRA YUMMIES

<b>Assorted Pastries</b>	
<b>Cake slice</b>	1.50
- Chocolate, Red Velvet, Carrot or Banana	
<b>Choc Chip Cookie</b>	1.00
<b>Fresh Fruit in Season</b>	1.00
<b>Strawberry Yoghurt Small</b>	1.00
<b>Strawberry Yoghurt Large</b>	2.50
<b>Yoghurt Berry Crush</b>	2.50
-Natural Muesli, Strawberry Yoghurt & Berries	

## AVAILABLE 2<sup>ND</sup> BREAK OVER THE COUNTER ONLY

Jelly Cups (low sugar)	.50c
Small Chip Packets	1.50
Assorted Ice-blocks & Ice-creams <b>from</b>	1.00 -
	3.50
Jelly Snakes	.50c



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Our School Canteen is committed to providing and promoting healthier food and drink choices to the students and teachers at Maleny State High. Our aim is to offer delicious food, mostly made on premises using quality ingredients that children and adults alike can enjoy whilst fuelling them for their school day.

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# Maleny State High School



## Canteen Menu

OPENING HOURS: 8.00AM-2.00PM  
ORDERS BY 9AM

**Our canteen operating system is changing!**

To assist us in meeting the lunch requirements of our school, we encourage ALL students to pre-order their lunch either before school at the canteen or online using the new Flexischools ordering system. This enables us to offer a much larger, healthier variety of foods that can be tailored to individual students needs.

**If students DO NOT pre-order their lunch, a reduced menu only will be available over the counter at both breaks.**

Flexischools On-line ordering system is now available!! It offers fast, secure and cashless transactions that can be made from your smartphone or PC 24/7. To register visit [www.flexischools.com.au](http://www.flexischools.com.au).

### BREAKFAST BOUNTY

(Available daily at the canteen counter- pre order not required)

<b>Breakfast Turkish</b>	3.00
- Bacon, Egg, low fat Cheese, BBQ sauce	
<b>Brekky Wrap</b>	4.00
- Bacon, Egg, Low Fat Cheese, BBQ Sauce, Hash Brown	
<b>Fresh Fruit in Season</b>	1.00
<b>Yoghurt Berry Crush</b>	2.50
- Natural Muesli, Strawberry Yoghurt & Berries	
<b>Strawberry Yoghurt Small</b>	1.00
<b>Strawberry Yoghurt Large</b>	2.50
(Maleny Dairies Yoghurt)	

### WICKED WRAPS

<b>CCS</b>	4.00
Chicken, Cheese & Salsa lightly toasted	
<b>Tandango</b>	5.00
Tandoori Chicken, mango chutney, minted yoghurt & salad greens	
<b>Falafel (v)</b>	5.00
Falafel balls, hummus, tomato, minted yoghurt & salad greens lightly toasted	
<b>Salad</b>	3.50
Lettuce, tomato, fresh beetroot, cucumber, carrot, sprouts	
<b>Salad with Cheese</b>	4.00
Lettuce, tomato, cucumber, carrot, sprouts	
<b>Salad with Ham OR Chicken</b>	4.50
Lettuce, tomato, cucumber, carrot, sprouts	

### ROLLS

<b>Salad with Cheese</b>	4.50
Lettuce, tomato, cucumber, carrot, sprouts	
<b>Salad with Ham OR Chicken</b>	4.00
Lettuce, tomato, cucumber, carrot, sprouts	

### TASTY TOASTIES

(we use REAL butter & multigrain bread)

Cheese & Tomato (v)	2.50
Ham & Cheese	3.00
Ham, Cheese & Tomato	3.50
Chicken, Cheese & Mayo	3.50

### SAVVY SANDWICHES

Roast Chicken, Swiss cheese, salad greens and fresh herb mayo on Rye	4.00
Ham, Cheese, Tomato, salad greens on fresh multigrain bread	4.00

Bacon, lettuce, tomato & mayo on a lightly toasted Turkish roll 4.50

### GOURMET ROLLS

(Crusty Fresh Baked Roll)

Roast Chicken, Swiss cheese, semi dried tomato, aioli, & salad greens 5.50

Roast Beef, mango chutney, Swiss fresh tomato & salad greens 5.50

Roast eggplant, capsicum, olives and herbs, fetta and salad greens 5.00



### MAGNIFICENT MELTS

(Half long Turkish roll with assorted toppings)

<b>Garlic Cheese Melt</b> (v)	2.00
- garlic butter, melted low fat cheese	
<b>Bolognese Cheese Melt</b>	2.50
- homemade savory mince with low fat cheese	
<b>Hawaiian Melt</b>	2.50
- ham & fresh pineapple with low fat cheese	
<b>Pesto Melt</b> (v)	2.50
- pesto & low fat cheese	
<b>Chicken Pesto Melt</b>	3.50
- chicken, pesto & low fat cheese	

### FRESH SUSHI

(Available Thursday & Friday Only)

- Choose from Avocado (v), Prawn Mayo, Tuna Mayo, Teriyaki Chicken, Crispy Chicken & Avocado **Per roll 3.50**

### SALAD BOWLS

**Super Salad** - Lettuce, tomato, carrot, alfalfa, cucumber, cheese, beetroot & mayo (GF) 4.00

- Add Ham **OR** Chicken **OR** Egg 5.00

**Chicken Caesar Salad** - Lettuce, chicken, bacon, egg, croutons, parmesan cheese & Caesar salad dressing

**Pasta Salad** - Pasta, beans, capsicum, pine nuts, green onions, tomatoes, mixed herbs, vinegar, olive oil, mustard & cream

**Potato Salad** - Potatoes, egg, bacon, green onions, mint, parsley, vinegar, mustard, mayonnaise & greek yoghurt

**Small - 3.00 Large - 5.00**