

Murwillumbah High School Menu 2021

BREAKFAST

| | |
|---|--------|
| Toast/Muffin – 2 Slices per serve | |
| Raisin | \$3.50 |
| Vegemite | \$3.00 |
| Peanut Butter | \$3.00 |
| Avocado | \$4.00 |
| Cheese | \$3.00 |
| Vegemite & Cheese | \$3.50 |
| Fruit Salad Bowl | \$3.50 |
| Assorted Seasonal Fruit | |
| <i>-Passionfruit, Banana, Red Apples, Green Apples, Kiwi, Peaches, Mandarins, Oranges, Pears, Strawberry Skewers, Grape Skewers</i> | \$1.00 |

Breaky Rolls all \$3.50 each

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|--|--|
| Baby Spinach, Egg, Swiss Cheese & Relish | |
| Ham & Egg | |
| Egg & Cheese | |

FRESH SNACKS

| | |
|-------------------------------|--------|
| Assorted Seasonal Fruit (S/A) | \$1.00 |
| Chocolate Mousse | \$1.50 |
| Fruit Salad Bowl | \$3.50 |
| Assorted Yoghurt | \$3.00 |
| Hommus & Veg Sticks | \$3.50 |
| Avocado Smash & Veg Sticks | \$4.50 |

OTHER SNACKS

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|--------------------|--------|
| Quelch Fruit Tubes | \$1.00 |
| Snap Stix | \$1.00 |
| Grain Waves Chips | \$1.50 |

SALAD BOWLS

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|---|--------|
| Garden Salad | \$5.00 |
| Garden Salad & Egg | \$5.50 |
| Garden Salad & Avocado | \$5.50 |
| Garden Salad with Fresh Chicken | \$5.50 |
| Garden Salad with Ham | \$5.50 |
| Garden Salad with Tuna | \$5.50 |
| Caesar Salad –Cos, parmesan, ham, egg | \$5.00 |
| Chicken Caesar- Cos, parmesan, ham, egg | \$5.50 |
| Sweet Chilli Chicken Salad | \$5.50 |
| Grilled Chicken & Salad | \$5.50 |
| Roast Sweet Potato & Feta Salad | \$6.00 |
| Roast Pumpkin Garden Salad | \$5.50 |
| Falafel & Garden Salad | \$5.50 |
| Greek Salad | \$6.00 |
| Thai Beef Salad | \$6.00 |
| Pesto Pasta Salad | \$5.50 |
| Rice Salad | \$5.50 |

TOASTIES

| | |
|-----------------------------|--------|
| Baked Beans & Cheese | \$4.00 |
| Spaghetti & Cheese | \$4.00 |
| Cheese & Tomato | \$3.50 |
| Salmon, Onion & Cheese | \$4.00 |
| Tuna & Cheese | \$4.00 |
| Avocado, Tomato & Red Onion | \$4.50 |
| Ham, Cheese Tomato | \$4.00 |
| Ham & Cheese | \$3.50 |
| Chicken, Cheese & Avocado | \$4.00 |
| Chicken, Cheese & Mayo | \$4.00 |
| Cheese (Double Cheese) | \$3.50 |
| Cheese & Onion | \$3.50 |

SAMBOS & WRAPS

| <i>Wholemeal, Grain or White</i> | Sambo | Wrap |
|--|--------|--------|
| Vegemite or Peanut Butter Salad | \$3.00 | N/A |
| Salad & Cheese | \$4.00 | \$5.00 |
| Avocado, Cheese & Tomato | \$4.00 | \$5.00 |
| Cheese | \$3.00 | \$4.00 |
| Cheese & Tomato | \$3.50 | \$4.50 |
| Egg & Lettuce | \$3.50 | \$4.50 |
| Ham & Cheese | \$3.50 | \$4.50 |
| Ham, Cheese & Tomato | \$4.00 | \$5.00 |
| Chicken, Lettuce & Mayo | \$4.00 | \$5.00 |
| Chicken, Cheese, Lettuce | \$4.50 | \$5.00 |
| Caesar - COS, parmesan, ham, egg | N/A | \$5.00 |
| Chicken Caesar Cos, parmesan, ham, egg | N/A | \$5.50 |
| Ham & Salad | \$4.50 | \$5.50 |
| Chicken & Salad | \$4.50 | \$5.50 |
| Roast Beef & Salad | \$4.50 | \$5.50 |
| Corn Meat & Salad | \$4.50 | \$5.50 |
| Roast Beef & Relish | \$3.50 | \$4.50 |
| Corn Meat & Relish | \$3.50 | \$4.50 |
| Tuna & Salad | \$4.50 | \$5.50 |
| Salami & Salad | \$4.50 | \$5.50 |
| Garlic Aioli, Chicken & Salad | \$4.50 | \$5.50 |
| Garlic Aioli, Ham & Salad | \$4.50 | \$5.50 |
| Peri Peri Chicken & Salad | \$4.50 | \$5.50 |
| Chipotle Chicken & Salad | \$4.50 | \$5.50 |

All EXTRAS \$1.00 each

Avocado, Cheese, Egg, or Meat

**All Sambos & Wraps can be made
Gluten Free for \$1.00 extra**

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HOT CHICKEN WRAPS all \$5.50

★ *Grilled Chicken Breast on Wholemeal Wraps*

Sweet Chilli Chicken Wrap

Sweet chilli chicken tender, cheese, & salad

Warm Chicken Caesar Wrap

Chicken, lettuce, ham, parmesan cheese & dressing

Satay Wrap

Chicken, salad, cheese, satay sauce

Parmy Wrap

Chicken, Cheese, lettuce, Ham, Parmy Sauce

Peri Peri Chicken Wrap

Chicken, Cheese, salad, Peri Peri Sauce

Grilled Chicken Wrap

Chicken, cheese, salad, mayo

Garlic Aioli Chicken Wrap

Chicken, cheese, salad, aioli mayo

Chipotle Chicken

Chicken, salad, cheese & Chipotle Sauce

Mexican Chicken

Chicken, salad, cheese, & salsa

HOT BEEF WRAPS all \$5.50

★ *Low Fat Beef Patty on Wholemeal Wraps*

All have - Beef Patty, Cheese, Salad & Choice of Sauce

BBQ Beef Wrap

Beef with Tomato Relish

Chipotle Beef Wrap

Peri Peri Beef Wrap

Italian Beef Wrap – Parmy Sauce

Mexican Beef Wrap – Salsa

OTHER HOT FOOD

6 Chicken Nuggets -Tempura \$4.00

Sausage Roll 120g (*Lite n up Mrs Macs*) \$4.00

Traveller Meat Pie 160g (*Four & Twenty*)
\$4.50

Chicken Noodle Cup 70g \$3.00

Grilled Chicken- Specialised Chicken

Other chicken products – Ingham

Processed Meat - Primo

BURGERS

★ *Grilled Chicken, Crispy Chicken & Low Fat Beef Pattys*

Beef Burger \$5.50
Beef patty (low fat) & salad & cheese.

Crispy Chicken Burger \$5.00
Crumbed chicken patty, lettuce

Sweet Chilli Burger \$5.50
Sweet chilli tenders, cheese, Salad & sweet chilli sauce

Satay Chicken Burger \$5.50
Chicken, Cheese, Tomato, Carrot Satay Sauce

Chicken Caesar Burger \$5.50
Chicken, parmesan cheese lettuce, ham, Caesar dressing

Parmy Burger \$5.50
Chicken, Cheese, lettuce, Ham Parmy Sauce

Peri Peri Chicken Burger \$5.50
Chicken, Cheese, salad Peri Peri Sauce

Garlic Aioli Chicken Burger \$5.50
Chicken, cheese, salad, aioli mayo

Chipotle Chicken Burger \$5.50
Chicken, salad, cheese & Chipotle Sauce

Murwillumbah High School Menu 2021

HOMEMADE HOT DISHES

\$5.50

- Butter Chicken & Rice
- Pasta Bolognaise
- Pasta & Napoli Sauce
- Spinach & Ricotta Ravioli & Napoli Sauce
- Beef Ravioli & Napoli Sauce
- Chicken Enchilada
- Refried Been Enchilada

Each Dish is approximately 350g

GLUTEN FREE - available on request

| | |
|----------------------------------|--------|
| Nuggets x 6 | \$5.00 |
| Chicken Tender Wrap with Salad | \$6.50 |
| Chicken Tender Burger with Salad | \$6.50 |
| Pasta & Napoli Sauce | \$6.00 |

Grilled Chicken- Specialised Chicken

Other chicken products – Ingham

Processed Meat - Primo

Just let Sam know if you need any of the
Items modified and all Food is best
Pre Ordered by 9am
so you do not miss out 😊

VEGETARIAN & VEGAN OPTIONS

| | |
|-----------------------------------|--------|
| Falafel Wrap- Vegan | \$5.50 |
| Falafel Burger | \$5.50 |
| Lentil Burger or Wrap | \$6.50 |
| Garden Salad with Falafels | \$5.50 |
| Garden Salad | \$5.00 |
| Garden Salad & Roast Sweet Potato | \$5.50 |
| Garden Salad & Roast Pumpkin | \$5.50 |
| Rice Salad | \$5.50 |
| Nuggets x 6 | \$5.00 |
| Spaghetti & Meatless Meatballs | \$6.50 |
| Bean Enchilada | \$5.50 |
| Pasta & Napoli Sauce | \$5.50 |
| Spinach & Ricotta Ravioli | \$5.50 |

SUSHI- \$3.50ea

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|-------------------|
| Chicken Teriyaki |
| Tuna |
| Tuna & Acocado |
| Avocado |
| Chicken & Avocado |
| Veg Tempura |

DRINKS

Water

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|---------------------------------|--------|
| 600ml | \$2.50 |
| 1.5 Lt | \$4.00 |
| Sparkling Water 375ml | \$3.50 |
| Sparkling Water with Lime 375ml | \$3.50 |

Milk Varieties

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|--------------------------|--------|
| Plain Milk 300ml | \$3.50 |
| Chocolate Nippys 250ml | \$3.50 |
| Strawberry Nippys 250ml | \$3.50 |
| Coffee Milk 300ml | \$3.50 |
| Chocolate Milk 300ml | \$3.50 |
| Strawberry Milk 300ml | \$3.50 |
| Up & Go Chocolate 250ml | \$3.50 |
| Up & Go Vanilla 250ml | \$3.50 |
| Up & Go Banana 250ml | \$3.50 |
| Up & Go Strawberry 250ml | \$3.50 |
| Plain 2litre Milk | \$4.50 |

Other Varieties

| | |
|---------------------------|--------|
| Apple/Blackcurrant Popper | \$2.50 |
| Apple Juice Popper | \$2.50 |

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|----------------------------|--------|
| Aloe Drinks - <i>Chill</i> | \$4.50 |
| Iced Teas - <i>Chill</i> | \$4.50 |
| Juice Bombs | \$3.50 |

★ Drinks have a Star Rating of 5

Not All Food is Available
Everyday.....