

**Breakfast Menu**  
**Available from 8am everyday.**

Bacon & Egg Muffin	\$ 3.50
Pizza Pocket	\$ 3.00
2 x Pieces of Toast w / spread	\$ 1.50

**Café Menu**

Hot Chocolate	Sml \$3.00	Large \$ 4.00
Coffees (sold to staff & senior students only)		
	Sml \$3.00	Large \$ 4.00
Tea	Sml \$2.00	Large \$ 3.00

**Each day we make an item of hot food that is not normally on the menu. We call them our daily specials.**

**Monday –** Nacho Day  
**Cost -** \$3.70 each

**Tuesday -** Burger Day (Lite Beef Pattie or Chicken Breast Burger with Lettuce & Tomato)  
**Cost -** \$4.50 each

**Wednesday –** Sushie  
**Cost -** \$4.00 each

**Thursday & Friday –** Changes weekly, rotate through a variety of different items tried and tested to be the favourites. Burrito Bowl, Meatball Subs, Taco Boats, BLT, Quiche, Fried Rice, Chicken Noodle Stir Fry, Roast Vegetable Wraps

# Forest Lake State High School Canteen Menu 2022

Inside is a list of items available for purchase on a daily basis, on the back is the breakfast menu and list of daily specials. We have revised our menu to meet the guidelines set by the Queensland Government in their “Smart Choices - Healthy Food and Drink Strategy for Queensland Schools” program. The basic criterion of the program is to encourage healthier choices to be made by the children in selecting their food and drinks, not just at school but also at home. Consideration has been given to energy levels (kilojoules), saturated fats, sodium and fibre levels. Our school has obviously led by example as we have not had to make very many changes.

Any questions or special requests (we are happy to help if we can) please give me or one of our lovely staff members a call on 3714 2321 between 7:30am and 2:00pm) any day.

*Ros Van-Wezel*  
Canteen Manager

## CAKES, SANDWICHES AND COLD FOODS

Homemade Cup Cake or Muffin	\$2.00
Piece of Fruit	\$1.00
Boiled Egg	\$1.00
Small Salad Cup	\$1.50
Fruit Salad	\$3.00
Vaalia Light Yoghurt (Vanilla or Berry)	\$2.50
Egg & Lettuce Sandwich	\$3.50
Leg Ham & Cheese Sandwich	\$3.50
Leg Ham & Salad Sandwich	\$4.00
Chicken & Mayo Sandwich	\$3.20
Chicken & Salad Sandwich	\$4.00
Tuna Sandwich	\$3.50
Tuna & Salad Sandwich	\$4.00
Salad Tray	\$3.50
Salad Tray with Meat	\$5.00
Add Avocado	\$1.00

All sandwiches have the choice of white hi fibre, wholemeal or multigrain bread. For Roll or Lavish wrap add \$1.00

## HOT FOODS – Everyday

Sausage Roll – Low Fat/Low Salt	\$3.50
Beef Travel Pie – Low Fat/Low Salt	\$4.50
Potato Pie – Low/Fat/Low Salt	\$5.50
Black Bean Burrito Roll	\$5.50
Hot Dog – Low Fat (cheese + 80c)	\$3.70
Chicken Wrap – (Chicken Strip w/ Lettuce & Tom)	\$4.00
Veggie Burger (order only)	\$4.50
Noodles – Beef or Chicken	\$4.00
Homemade Pizza Single – Variety of flavours	\$3.50
Yummy Drummy x 1	\$1.50
Chicken Chippies x 5	\$3.00
Potato Wedges	\$3.00
Toasted Sandwich (choice of 3 fillings)	\$3.50

Squeeze on Sauce (Tom, BBQ, Mayo, Mustard, S/Chilli)	\$0.50
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## SPECIAL HOMEMADE MEALS WHEN AVAILABLE

Butter Chicken & Rice	\$5.00
Spaghetti Bolognaise	\$5.00
Curried Sausages & Rice	\$5.00
Mac & Cheese	\$4.50
Potato Bake	\$4.50
Veggie Bolognaise	\$4.50
Savoury Mince Roll	\$4.50
Chicken Drumstick, Roast Veg & Gravy	\$6.50

## DRINKS

Trim Plain Milk – 600ml	\$2.00
Breaka Flavoured Milk – 300ml (Assort Flavs)	\$2.50
Breaka Flavoured Milk – 500ml (Assort Flavs)	\$3.70
Spring Water – 350ml	\$1.50
Spring Water – 600 ml	\$2.20
Spring Water – 1 Ltr	\$2.80
Spring Water – 1.5Ltr	\$3.70
Focus Flav Water – 350ml	\$3.00
Focus Flav Water – 500 ml	\$3.50
Iced Tea – 300ml	\$2.70
Up & Go (Assort Flavours)	\$3.00
Popper 100% Juice (Assort Flavours)	\$1.70
So Jucey 100% Juice (Orange or Apple)	\$3.00
Chill Spring Fruits (Assort Flavours)	\$2.60
Fruit Slushie – Small	\$3.00
Fruit Slushie – Medium	\$4.00

## SNACK ITEMS

Nutella	\$0.80
JJ Rice Cracker (Assort Flavours)	\$1.50
Piranha Gluten Free Cracker	\$1.50
Red Rock Deli Chips (Assort Flavours)	\$1.80

## ASSORTED ICEBLOCKS AVAILABLE FROM STREETS ICECREAMS, RANGING IN PRICES FROM 50c TO \$3.00

Please note prices are subject to change without notice.