

# USHS Canteen Menu

Prices correct as of August 2025 & subject to change

## Everyday Savoury & Salads

★ Lavash –	<i>Half</i>	\$ 3.60
chicken; ham; egg	<i>Full</i>	\$ 6.50
★ Sandwiches – assorted fillings		\$ 5.00
★ Round rolls	<i>Small</i>	\$ 4.50
	<i>Large</i>	from \$ 5.50
★ Knot/Scotch rolls	from	\$ 6.00
★ Brioche		\$ 5.00
★ Rolls –	chicken caesar	\$ 6.80
	beef/pork	\$ 6.30
	flame grill	\$ 6.00
★ Wraps –	plain; sweet chilli;	
	devil; southern style	\$ 4.50
★ Pasta packs	<i>Small</i>	\$ 3.00
	<i>Large</i>	\$ 4.00
★ Caesar salad packs	from	\$ 3.00
★ Chicken caesar salad packs	from	\$ 4.00
★ Assorted salads	from	\$ 3.00
	Garden	
	Meat (beef, pork or chicken) & salad	
	Lasagne & salad	

## Daily Specials

### MONDAY

★ Beef & cheese burger	\$ 5.50
★ Hot wrap – chicken, lettuce & mayo	\$ 3.50
★ Hot rolls – chicken, lettuce & sweet chilli or mayo	\$ 5.50

### TUESDAY

★ Chicken BLT burger with salad	\$ 6.80
★ Beef & caramelised onion burger with salad	\$ 6.00
★ Southern style burger with salad	\$ 5.00
★ Vegetarian burger with salad	\$ 6.50
★ Poke bowls (assorted)	from \$ 3.80
★ Tortilla nachos	from \$ 3.00
★ Beef & pork gravy rolls	\$ 6.00
★ Hot chicken rolls with lettuce & tomato –	
flame grill; devil; sweet chilli; caesar fillet	\$ 5.50
★ Garlic bread	\$ 2.00

### WEDNESDAY

☺ Sushi (assorted)	\$ 4.50
★ Chicken/Beef, cheese & bacon burger with salad	\$ 6.80
★ Parmy burger	\$ 6.80
★ Vegetarian burger with salad	\$ 6.50
★ Tortilla nachos	from \$ 3.00
★ Hot rolls with salad – flame grilled; devil	\$ 5.50

### THURSDAY

★ Chicken Caesar burger	\$ 7.50
★ Flame grilled chicken burger with lettuce & tomato	\$ 6.00
★ Bacon & egg burger	from \$ 5.00
★ Vegetarian burger with salad	\$ 6.50
★ Hot rolls – riblet / meatball	from \$ 5.50
★ Hot wrap – riblet & bacon	\$ 5.80

### FRIDAY

★ Chicken & Hawaiian burgers with salad	from \$ 6.00
★ Parmy burger	\$ 6.80
★ Bacon & egg burger	from \$ 5.00
★ Tortilla nachos	from \$ 3.00
★ Hot wrap – sweet chilli	\$ 3.50
★ Homemade chicken & gravy pie	\$ 3.50

## Hot Box

★ Hot pastas	from \$ 4.00
★ Toasted pockets, toasties, sandwiches & turkish	
– ham, chicken & cheese	\$ 2.00 - \$ 6.80
★ Chicken gravy rolls	from \$ 6.00
★ Lasagne	\$ 5.00
BBQ pork riblet	\$ 3.30
Pies – Plain	\$ 2.00 - \$ 6.00
Assorted (inc. meatless)	\$ 3.50 - \$ 6.00
Sausage rolls	\$ 4.00 - \$ 4.60
Dim sims (3)	Term 2/3 Tues & Thurs only \$ 4.80

## Extras

Spoons & forks	\$ 0.10
Sauce sachets	\$ 0.30
Soy sauce	from \$ 0.20

**Canteen Opening Hours:** 8:15am – 3:15pm

**Phone:** 4197 0137 (Ext 137)

**Daily Pre-Order Deadlines:**

**QKR 8:30am In person 8:50am**

Dietary requirements catered for upon request

★ Freshly made @ Canteen

☺ Made fresh offsite



# USHS Canteen Menu

## - Drinks & Snacks -

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### Water & Juice

Water	from	\$ 1.00
Mt Franklin water 600ml		\$ 2.80
Pump water 750ml – plain & flavoured		\$ 4.00
Water 1.5 L		\$ 3.50
Powerade active water 600ml		\$ 4.50
Slush Puppies	from	\$ 2.00
Fruit juice poppers		\$ 2.00
Poptops juices		\$ 2.50
V8 vegetable juices	from	\$ 3.00
Juice Bomb sparkling fruit juices 250ml		\$ 3.00
Orchy assorted juices 350ml		\$ 4.00
Ice Tea 500ml – Lipton & Tea Industries		\$ 4.50

### Milk

Plain 300ml	\$ 1.50
Plain 500ml	\$ 2.50
Plain Zymil LF 250ml	\$ 2.00
Up & Go 250ml (incl dairy free)	\$ 3.00
Breaka flavoured 300ml	\$ 3.00
Breaka flavoured 500ml	\$ 4.50
Oak flavoured 600ml	\$ 4.50
Oak LF flavoured 600ml	\$ 4.80
Zymil LF flavoured 400ml	\$ 4.80
Real Coffee Ice Break 500ml	\$ 4.80
– incl LF & espresso no added sugar	

### Hot Drinks - Machine

Hot chocolates (before school only)	\$ 2.50
Coffee (staff only)	\$ 2.50
– espresso; long black; flat white; latte; mocha	

### Freezer Snacks

#### Streets:

Calippo mini	\$ 2.00
Icy twist	\$ 2.00
Paddle Pop – choc/rainbow	\$ 2.50
Cyclone	\$ 3.00
Frozen yoghurt	\$ 3.50

#### Everest:

Ice creams	from	\$ 2.00
Frozen yoghurt		\$ 2.00
Sorbet – lemon		\$ 3.00

#### Peters:

Frosty fruits	\$ 2.00
Lemonade icy pole	\$ 2.20
Drumstick	\$ 2.50
Milo Scoop Shake	\$ 5.00

### Snack Bar

★ Cakes & slices (assorted)	from	\$ 1.00
Banana bread		\$ 2.50
Apple slice		\$ 3.50
☺ Gingerbread		\$ 2.50
Popcorn		\$ 1.00
Smiths chips 28g		\$ 2.00
Red Rock chips 28g		\$ 2.00
Sunbites grain wave 28g		\$ 2.00

### Fridge Snacks

★ Yoghurt & muesli	from	\$ 3.50
★ Watermelon bowls		\$ 3.50
★ Fruit bowls	from	\$ 4.50
Cheese squares		\$ 0.50 – 1.00
Crackers		\$ 0.20 – 1.80

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LF = lactose free

