

# Summer Menu



Term 4, 2019 & Term 1, 2020

Pittwater House has a commitment to empowering our students to make healthy eating choices and strives to serve fresh healthy foods in the canteen.

Foods with high fat, sugar or salt content are avoided. Products containing nuts, nut traces or sesame seeds are not sold.

Pitt Stop is an initiative of the Pittwater House Parents Association and operates thanks to the generous parents and family members who volunteer their time to provide this service for our children. Volunteers are always needed and greatly appreciated.

Please contact the canteen at: [canteen@tphs.nsw.edu.au](mailto:canteen@tphs.nsw.edu.au) if you have any dietary queries or wish to volunteer your time.

Orders must  
be received  
by 8am daily



## Breakfast 7.30 – 8.30am daily

Ham and Cheese Croissant	<i>Plain</i>	\$ 3.50	Fresh Fruit	\$ 1.00
	<i>Toasted</i>	\$ 5.00	Yoghurt with Berries and Granola	\$ 3.50
Bacon Roll		\$ 4.00	Fresh Yoghurt	\$ 2.50
Bacon and Egg Roll		\$ 5.00	Up & Go ( <i>vanilla, chocolate</i> )	\$ 2.50
Boiled Egg		\$ 1.00	100% Juice ( <i>orange, apple</i> )	\$ 3.00
Pancakes Butter/Maple Syrup	<i>(1 per serve)</i>	\$ 2.00	Poppers ( <i>apple/blackcurrant, orange, apple</i> )	\$ 1.50
Banana Bread		\$ 3.00		

## Sandwiches, Rolls & Wraps

White, Gluten Free, Wholemeal, Bread (Rolls 50c extra)

Plain Roll <i>with or without butter</i>	\$ 2.00	<b>BLT</b> <i>bacon, lettuce &amp; tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)</i>	\$ 5.00
Vegemite	\$ 2.50	<b>BLAT</b> <i>bacon, lettuce, avocado &amp; tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)</i>	\$ 5.00
Salad	\$ 4.50	<b>Chicken &amp; Salad Wrap</b> ( <i>un-toasted</i> )	\$ 7.00
Cheese	\$ 4.00	<b>Ham or Cheese &amp; Salad Wrap</b> <i>with ham or cheese, salad and choice of dressing (un-toasted)</i>	\$ 7.00
Cheese and Tomato	\$ 4.50	<b>Chicken Caesar Salad Wrap</b> <i>with chicken, lettuce, egg, bacon, cheese and Caesar dressing (un-toasted)</i>	\$ 7.00
Egg	\$ 4.00	<b>Teriyaki Chicken Wrap</b> <i>with tomato, grated cheese, lettuce (toasted or un-toasted)</i>	\$ 7.00
Egg, Lettuce & Mayo	\$ 4.50	<b>Falafel Wrap (V)</b> <i>with hummus, tomato, cheese, lettuce (toasted or un-toasted)</i>	\$ 7.00
Tuna, Lettuce & Mayo	\$ 5.00		
Chicken	\$ 4.50		
Chicken, Lettuce & Mayo	\$ 5.00		
Ham OR Ham & Cheese	\$ 4.50		
Ham, Cheese & Tomato	\$ 5.00		
Counter Sandwiches (All Pre-wrapped)	\$ 6.00		

## Extras May be added to sandwiches and/or salads at an additional cost

Avocado	\$ 1.00	Salad ( <i>tomato, cucumber, carrot &amp; lettuce</i> )	\$ 2.00
Boiled Egg	\$ 1.00	Falafel	\$ 1.50
Breast Chicken	\$ 2.00	Tomato, Cucumber, Carrot or Lettuce	\$ .50
Cheese – Cheddar Cheese	\$ 1.50	Tzatziki	\$ .50
Ham	\$ 1.50	Hummus	\$ 1.00
Bacon	\$ 1.50		

## Salads

<b>Garden Salad (V) (GF)</b>	<i>Small</i>	\$ 5.00	<b>Greek Salad (V) (GF)</b>	<i>Small</i>	\$ 6.00
<i>mixed lettuce leaves, tomato, carrot, cucumber &amp; balsamic or mayo dressing</i>	<i>Large</i>	\$ 7.00	<i>cherry tomatoes, lettuce, cucumber, feta, olives, green pepper (capsicum), Spanish onion with balsamic dressing</i>	<i>Large</i>	\$ 8.00
<b>Chicken Caesar Salad</b>	<i>Small</i>	\$ 6.00			
<i>chicken, lettuce, cherry tomatoes, bacon, croutons, cheese with Caesar dressing</i>	<i>Large</i>	\$ 8.00			



(GF) = Gluten Free  
(V) = Vegetarian

Order Online at [www.mystudentaccount.com.au](http://www.mystudentaccount.com.au)



Pittwater House

# Summer Menu continued...



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## Sushi

Sushi Roll – Tuna & Cucumber	\$ 4.00	Sushi (9 mini pieces) – Tuna	\$ 4.00
Sushi Roll – Chicken Teriyaki & Lettuce	\$ 4.00	Sushi (9 mini pieces) – Avocado	\$ 4.00
		Sushi (9 mini pieces) – Cucumber	\$ 4.00



## Hot Food Options

Crumbed Chicken Breast	\$ 2.50	<b>Beef Burger (Fridays Only)</b>	\$ 6.00
Chilli Chicken Strip	\$ 2.00	Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)	
Sausage Rolls	\$ 3.00	<b>Cheese Burger (Fridays Only)</b>	\$ 6.50
Spinach and Ricotta Rolls (V)	\$ 3.50	Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)	
Pie (Beef)	\$ 4.00	<b>Vegan Burger (Available Daily)</b>	\$ 6.00
Garlic Bread	\$ 3.00	Lentil patty with lettuce, tomato and sauce of choice	
Sauce Sachet	\$ .30		



<b>Homemade Pasta</b>			
Napolitana or Bolognaise	Small \$ 6.00 Large \$ 8.00	<b>Chef's Hot Daily Specials of the Week</b>	
<b>Chicken Burger</b>	\$ 6.00	(please check Menu Board/Skoolbag)	
Crumbed chicken breast fillet, lettuce, tomato and cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo		Small	\$ 6.00
		Large	\$ 8.00



<b>Fish Burger</b>	\$ 6.00	<b>Chef's Salad of the Week</b>	
Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce		Small	\$ 6.00
<b>Chilli Chicken Strip Burger</b>	\$ 6.00	Large	\$ 8.00
Two chilli chicken strips, lettuce, tomato & cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo		Add Chicken	\$ 2.00
		Add Avocado	\$ 1.00



## Fresh Bakery

Banana Bread	\$ 3.00	Choc Chip Cookie	\$ 1.00
Cheese and Ham Rolls	\$ 2.50	Mini Finger Bun (Fridays Only)	\$ 2.00
Ham and Cheese Croissant	Plain \$ 3.50 Toasted \$ 5.00	Fresh Muffins	\$ 3.00

## Snacks

Fruit – Fresh Seasonal (per piece)	\$ 1.00	Smiths Chips (Salt & Vinegar) (GF)	\$ 1.50
Fruit – Watermelon	Small \$ 3.00 Large \$ 5.00	Red Rock Chips 28g (Plain (GF), Honey Soy)	\$ 1.50
Fruit Salad	\$ 4.00	Fresh Popcorn	\$ 1.00
Pot of Hummus	\$ 1.00	Yoghurt (Yoplait)	\$ 2.50
Tub of Cucumber and Carrot	\$ 2.00	Yoghurt Cup (with Berries & Granola)	\$ 3.50
Carrot Sticks	\$ 1.00	Quelch Sticks	\$ 1.00
Cucumber Sticks	\$ 1.00	Sorbets	Small \$ 3.50 Large \$ 4.00



## Drinks

Sparkling Water	\$ 2.50	Popper (apple/blackcurrant, orange, apple)	\$ 1.50
Mt Franklin Sparkling Water (flavoured)	\$ 3.00	Up & Go (vanilla, chocolate)	\$ 2.50
Spring Water	\$ 2.50	Vitasoy (vanilla chai)	\$ 4.00
100% Juice (orange, apple)	\$ 3.00	Flavoured Milk (chocolate, strawberry)	\$ 2.50
Juice Bombs	\$ 2.50	Fresh made Smoothie (see counter)	\$ 5.00

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