

Summer Menu

Term 4, 2020 & Term 1, 2021

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 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>	\$ 4.00	Toast (2 slices)	\$ 2.00
	<i>Toasted</i>	\$ 5.50	Gluten Free Toast (1 slice)	\$ 2.00
Bacon Roll		\$ 4.00	Fresh Fruit	\$ 1.00
Bacon and Egg Roll		\$ 5.00	Yoghurt with Berries and Granola	\$ 3.50
Boiled Egg		\$ 2.00	Fresh Yoghurt	\$ 2.50
Hash Browns		\$ 1.50	Up & Go (vanilla, chocolate)	\$ 3.00
Pancakes Butter/Maple Syrup (1 per serve)		\$ 2.00	100% Juice (orange, apple)	\$ 3.50
Banana Bread		\$ 3.00	Poppers (apple/blackcurrant, orange, apple)	\$ 2.00



Sandwiches, Rolls & Wraps

Plain Roll <i>with or without butter</i>	\$ 2.00
Vegemite	\$ 2.50
Salad	\$ 5.00
Cheese	\$ 4.00
Cheese and Tomato	\$ 4.50
Egg	\$ 4.00
Egg, Lettuce & Mayo	\$ 5.00
Tuna, Lettuce & Mayo	\$ 5.00
Chicken	\$ 5.00
Chicken, Lettuce & Mayo	\$ 6.00
Ham OR Ham & Cheese	\$ 4.50
Ham, Cheese & Tomato	\$ 5.00
Counter Sandwiches (All Pre-wrapped)	\$ 6.00

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

BLT bacon, lettuce & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 6.00
BLAT bacon, lettuce, avocado & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 6.00
Chicken & Salad Wrap (un-toasted)	\$ 7.00
Ham or Cheese & Salad Wrap with ham or cheese, salad and choice of dressing (un-toasted)	\$ 7.00
Chicken Caesar Salad Wrap with chicken, lettuce, egg, bacon, cheese and Caesar dressing (un-toasted)	\$ 7.00
Teriyaki Chicken Wrap with tomato, grated cheese, lettuce (toasted or un-toasted)	\$ 7.00
Falafel Wrap (V) with hummus, tomato, cheese, lettuce (toasted or un-toasted)	\$ 7.00



Extras May be added to Sandwiches and/or Salads at an additional cost

Avocado	\$ 2.00	Salad (tomato, cucumber, carrot & lettuce)	\$ 2.00
Boiled Egg	\$ 2.00	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

Garden Salad (V) (GF) <i>mixed lettuce leaves, tomato, carrot, cucumber & balsamic or mayo dressing</i>	<i>Small</i>	\$ 6.00	Chicken Caesar Salad	<i>Small</i>	\$ 7.00
	<i>Large</i>	\$ 7.00	<i>chicken, lettuce, cherry tomatoes, bacon, croutons, cheese with Caesar dressing</i>	<i>Large</i>	\$ 10.00
Greek Salad (V) (GF) <i>cherry tomatoes, lettuce, cucumber, feta, olives, green pepper (capsicum), Spanish onion with balsamic dressing</i>	<i>Small</i>	\$ 6.00			
	<i>Large</i>	\$ 8.00			



(GF) = Gluten Free

(V) = Vegetarian

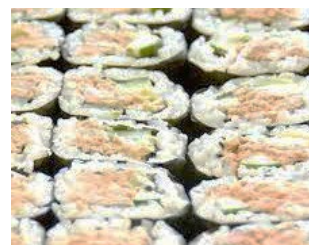
Order Online at www.mystudentaccount.com.au

Summer Menu continued...

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Sushi

Sushi Roll – <i>Tuna & Cucumber</i>	\$ 4.50	Sushi (9 mini pieces) – <i>Tuna</i>	\$ 4.50
Sushi Roll – <i>Chicken Teriyaki & Lettuce</i>	\$ 4.50	Sushi (9 mini pieces) – <i>Avocado</i>	\$ 4.50
		Sushi (9 mini pieces) – <i>Cucumber</i>	\$ 4.50



Hot Food Options

Crumbed Chicken Breast	\$ 3.00	Beef Burger (Fridays Only)	\$ 7.00
Chilli Chicken Strip	\$ 2.50	<i>Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Sausage Rolls	\$ 3.50	Cheese Burger (Fridays Only)	\$ 7.00
Spinach and Ricotta Rolls (V)	\$ 4.00	<i>Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Pie (Beef)	\$ 4.50	Peri Peri Chicken Burger (Fridays Only)	\$ 7.00
Garlic Bread	\$ 3.00	<i>Homemade chicken burger with lettuce and tomato</i>	
Sauce Sachet	\$.20	Vegan Burger (Available Daily)	\$ 7.00
		<i>House made Vegan Patty with lettuce, tomato and sauce of choice</i>	



Homemade Pasta	<i>Small</i>	\$ 6.00	Chef's Hot Daily Specials of the Week	
<i>Napolitana or Bolognaise</i>	<i>Large</i>	\$ 8.00	<i>(please check Menu Board/Skoolbag)</i>	

Chicken Burger	\$ 6.00	Peri Peri Chicken Burger (Fridays Only)	\$ 7.00
<i>Crumbed chicken breast fillet, lettuce, tomato and cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>		<i>Homemade chicken burger with lettuce and tomato</i>	
Fish Burger	\$ 6.00	Vegan Burger (Available Daily)	\$ 7.00
<i>Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce</i>		<i>House made Vegan Patty with lettuce, tomato and sauce of choice</i>	



Chilli Chicken Strip Burger	\$ 6.00	Chef's Salad of the Week	<i>Small</i>	\$ 6.00
<i>Two chilli chicken strips, lettuce, tomato & cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>			<i>Large</i>	\$ 8.00

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



Fresh Bakery

Banana Bread	\$ 3.00	Choc Chip Cookie	\$ 1.00
Cheese and Ham Rolls	\$ 3.50	Mini Finger Bun (Fridays Only)	\$ 2.00
Ham and Cheese Croissant	<i>Plain</i>	Fresh Muffins	\$ 4.00
	<i>Toasted</i>		

Snacks

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



Drinks

Sparkling Water	\$ 2.00	Popper (apple/blackcurrant, orange, apple)	\$ 2.00
Mt Franklin Sparkling Water (flavoured)	\$ 3.00	Up & Go (vanilla, chocolate)	\$ 3.00
Spring Water	\$ 2.00	Flavoured Milk (chocolate, strawberry)	\$ 2.50
100% Juice (orange, apple)	\$ 3.50	Fresh made Smoothie (see counter)	\$ 4.00
Juice Bombs	\$ 2.50		

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