

Summer Menu



Term 4, 2018 & Term 1, 2019

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	\$ 3.00	Banana Bread	\$ 3.00
Wholemeal Buttered Toast (2 slices)	\$ 2.00	Pear and Raspberry Bread	\$ 3.00
Gluten-free Buttered Toast (2 slices) (GF)	\$ 2.00	Fresh Fruit	\$ 1.50
Vegemite Toast (2 slices)	\$ 2.50	Yoghurt with Berries and Granola	\$ 3.50
Raisin Toast	\$ 2.50	Fresh Yoghurt	\$ 2.50
Bacon Roll	\$ 4.00	Up & Go (vanilla, chocolate)	\$ 2.50
Bacon and Egg Roll	\$ 5.00	Juice (apple, orange)	\$ 2.50
Boiled Egg	\$ 1.00	Poppers (apple/blackcurrant, orange, apple)	\$ 1.50



Sandwiches, Rolls & Wraps

Plain Roll with or without butter	\$ 2.00
Vegemite	\$ 2.50
Salad	\$ 4.50
Cheese	\$ 4.00
Cheese and Tomato	\$ 4.50
Egg	\$ 4.00
Egg, Lettuce & Mayo	\$ 4.50
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)	\$ 5.00
BLT bacon, lettuce & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 5.00

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

BLAT bacon, lettuce, avocado & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 5.00
Chicken & Salad Wrap (un-toasted)	\$ 6.00
Ham or Cheese & Salad Wrap with ham or cheese, salad and choice of dressing (un-toasted)	\$ 6.00
Chicken Caesar Salad Wrap with chicken, lettuce, egg, lean ham, cheese and Caesar dressing (un-toasted)	\$ 6.00
Tandoori Chicken Wrap with tzatziki, cucumber, lettuce (un-toasted)	\$ 6.00
Teriyaki Chicken Wrap with tomato, grated cheese, lettuce (toasted or un-toasted)	\$ 6.00
Falafel Wrap (V) with hummus, tomato, cheese, lettuce (toasted or un-toasted)	\$ 6.00



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

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



Salads

Garden Salad (V) (GF) mixed lettuce leaves, tomato, carrot, cucumber & balsamic or mayo dressing	Small \$ 5.00 Large \$ 7.00	Greek Salad (V) (GF) cherry tomatoes, lettuce, cucumber feta, olives, green pepper (capsicum), Spanish onion & balsamic dressing	Small \$ 6.00 Large \$ 8.00
Pesto Pasta Salad (V) pasta, pesto, pumpkin, sun dried tomatoes, rocket & spinach	Small \$ 6.00 Large \$ 8.00	Chef's Salad of the Week (please check menu board)	Small \$ 6.00 Large \$ 8.00
Quinoa and Mexican Bean Salad (V, GF) Quinoa, mixed beans, grilled corn, tomato, cucumber & mixed leaves with a Mexican lime dressing	Small \$ 6.00 Large \$ 8.00		



(GF) = Gluten Free
(V) = Vegetarian

Order Online at www.mystudentaccount.com.au



Pittwater House

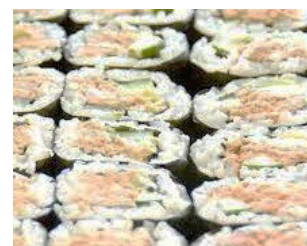
Summer Menu continued...



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Sushi

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



Hot Food Options

Crumbed Chicken Breast	\$ 2.50	Chilli Chicken Strip Burger	\$ 6.00
Chilli Chicken Strip	\$ 2.00	<i>Two chilli chicken strips, lettuce, tomato & cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>	
Sausage Rolls – <i>small</i>	\$ 3.00	Beef Burger (Fridays Only)	\$ 6.00
Spinach and Ricotta Rolls (V)	\$ 3.50	<i>Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Pie <i>Beef</i>	\$ 4.00	Cheese Burger (Fridays Only)	\$ 6.00
Gluten Free Pies <i>Beef</i> (GF)	\$ 5.00	<i>Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Garlic Bread	\$ 3.00	Vegan Burger (Available Daily)	\$ 6.00
Sauce Sachet	\$.30	<i>Lentil patty with lettuce, tomato and sauce of choice</i>	



Homemade Pasta	<i>Small</i>	\$ 6.00	Daily Hot Special	<i>Small</i>	\$ 6.00
<i>Napolitana or Bolognaise</i>	<i>Large</i>	\$ 8.00	<i>(please check menu board)</i>	<i>Large</i>	\$ 8.00
Chicken Burger		\$ 5.00			
<i>Crumbed chicken breast fillet, lettuce, tomato and cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>					



Fish Burger		\$ 5.00			
<i>Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce</i>					

Fresh Bakery

Banana Bread	\$ 3.00	Choc Chip Cookie	\$ 1.00
Pear and Raspberry Bread	\$ 3.00	Fresh Blueberry Muffin	\$ 3.00
Cheese and Ham Rolls	\$ 2.50	Brownies	\$ 3.00



Snacks

Fruit – Fresh Seasonal (<i>per piece</i>)	\$ 1.50	Smiths Chips (<i>Salt & Vinegar</i>)	\$ 1.50
Fruit – Watermelon	<i>Small</i> \$ 3.00	Red Rock Chips 28g (<i>Plain (GF), Honey Soy</i>)	\$ 1.50
	<i>Large</i> \$ 5.00	Cheese & Crackers	\$ 2.00
Fruit Salad	\$ 4.00	Tub of Olives	\$ 2.00
Pot of Hummus	\$ 1.00	Gluten Free Snacks	\$ 1.50
Tub of Cucumber and Carrot	\$ 2.00	Yoghurt (<i>Yoplait</i>)	\$ 2.00
Portion Carrot Sticks	\$.50	Yoghurt Cup (<i>with Berries & Granola</i>)	\$ 3.50
Portion Cucumber Sticks	\$ 1.00	Sorbets	\$ 3.50
Grain Waves	\$ 1.50		(<i>or</i>) \$ 4.00



Drinks

Sparkling Water	\$ 2.00	Popper (<i>apple/blackcurrant, orange, apple</i>)	\$ 1.50
Mount Franklin Flavoured Sparkling Water	\$ 3.00	Up & Go (<i>vanilla, chocolate</i>)	\$ 2.50
Spring Water	\$ 2.00	Flavoured Milk	
100% Juice (<i>orange, apple</i>)	\$ 2.50	- Small 300ml (<i>chocolate, strawberry</i>)	\$ 2.00
Juice Bombs	\$ 2.50	- Large 500ml (<i>chocolate</i>)	\$ 3.00

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