

Winter Menu



Term 2 & Term 3, 2018

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

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

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



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
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> \$ 5.00	Greek Salad (V) (GF) <i>cherry tomatoes, lettuce, cucumber, feta, olives, green pepper (capsicum), Spanish onion & balsamic dressing</i>	<i>Small</i> \$ 6.00
	<i>Large</i> \$ 7.00		<i>Large</i> \$ 8.00
Chicken Caesar Salad <i>chicken, lettuce, cherry tomatoes, bacon, croutons, cheese & Caesar dressing</i>	<i>Small</i> \$ 6.00		
	<i>Large</i> \$ 8.00		



(GF) = Gluten Free
(V) = Vegetarian

Order Online at www.mystudentaccount.com.au



Pittwater House

Winter Menu continued...

Term 2 & Term 3, 2018

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	Fish Burger	\$ 5.00
Chilli Chicken Strip	\$ 2.00	<i>Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce</i>	
Sausage Rolls – <i>small</i>	\$ 3.00	Chilli Chicken Strip Burger	\$ 6.00
Sausage Rolls – <i>homemade large</i>	\$ 3.50	<i>Two chilli chicken strips, lettuce, tomato & cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>	
Spinach and Ricotta Rolls (V)	\$ 3.50	Beef Burger (Fridays Only)	\$ 6.00
Traveller Pie <i>Beef</i>	\$ 4.00	<i>Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Gluten Free Pies <i>Beef (GF)</i>	\$ 5.00	Cheese Burger (Fridays Only)	\$ 6.00
Garlic Bread	\$ 3.00	<i>Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Sauce Sachet	\$.30	Chef's Curry of the Week	<i>Small</i> \$ 6.00
Homemade Pasta		<i>(please check Menu Board/Skoolbag)</i>	<i>Large</i> \$ 8.00
<i>Napolitana or Bolognese</i>	<i>Small</i> \$ 6.00	Hot Daily Special	<i>Small</i> \$ 6.00
	<i>Large</i> \$ 8.00	<i>(please check Menu Board/Skoolbag)</i>	<i>Large</i> \$ 8.00
Homemade Vegetarian Curry	<i>Small</i> \$ 6.00		
<i>Vegetarian curry & rice (suitable for vegans)</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>			



Fresh Bakery

Banana Bread	\$ 3.00	Finger Bun	\$ 3.00
Pear and Raspberry Bread	\$ 3.00	Fresh Muffins	\$ 3.00
Cheese and Bacon Rolls	\$ 2.50	Brownies	\$ 3.00
Choc Chip Cookie	\$ 1.00	Caramel Slice	\$ 3.00



Snacks

Fruit – Fresh Seasonal (<i>per piece</i>)	\$ 1.50	Red Rock Chips 28g (<i>Plain (GF), Honey Soy</i>)	\$ 1.50
Fruit – Watermelon	<i>Small</i> \$ 3.00	Gluten Free Snacks	\$ 1.50
	<i>Large</i> \$ 5.00	Yoghurt (<i>Yoplait</i>)	\$ 2.50
Fruit Salad	\$ 4.00	Yoghurt Cup (<i>with Berries & Granola</i>)	\$ 3.50
Pot of Hummus	\$ 1.00	Cyclone	\$ 2.50
Tub of Cucumber and Carrot	\$ 2.00	Paddle Pops	\$ 2.00
Portion Carrot Sticks	\$.50	Icy Twist	\$ 1.50
Portion Cucumber Sticks	\$ 1.00	Calippo (<i>Raspberry</i>)	\$ 1.00
Grain Waves	\$ 1.50	Sorbets	\$ 3.50
Smiths Chips (<i>Salt & Vinegar</i>)	\$ 1.50		(<i>or</i>) \$ 4.00



Drinks

80/20 Smoothie/Juice	\$ 3.50	Popper (<i>apple/blackcurrant, orange, apple</i>)	\$ 1.50
Sparkling Water	\$ 2.00	Up & Go (<i>vanilla, chocolate</i>)	\$ 2.50
Waterfords Flavoured Sparkling Water	\$ 3.00	Flavoured Milk	
Spring Water	\$ 2.00	- Small 300ml (<i>chocolate, strawberry</i>)	\$ 2.00
Pump Flavoured Water 750ml	\$ 3.50	- Large 600ml (<i>chocolate</i>)	\$ 3.00
100% Juice (<i>orange, apple</i>)	\$ 2.50		
Juice Bombs	\$ 2.50		

Orders must
be received
by 8am daily

(GF) = Gluten Free
(V) = Vegetarian

Order Online at www.mystudentaccount.com.au

