

Winter Menu

Term 2 and Term 3, 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 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

Wholemeal Buttered Toast (2 slices)	\$ 2.00	Banana Bread	\$ 3.00
Gluten-free Buttered Toast (2 slices) (GF)	\$ 2.00	Pancakes Butter/Maple Syrup (1 per serve)	\$ 2.00
Vegemite Toast (2 slices)	\$ 2.50	Fresh Fruit	\$ 1.00
Boiled Egg	\$ 2.00	Yoghurt with Berries and Granola	\$ 3.50
Ham and Cheese Croissant Plain	\$ 3.50	Fresh Yoghurt	\$ 2.50
Toasted	\$ 5.00	Up & Go (vanilla, chocolate)	\$ 2.50
Bacon Roll	\$ 4.00	100% Juice (apple, orange)	\$ 3.00
Bacon and Egg Roll	\$ 5.00	Poppers (apple/blackcurrant, orange, apple)	\$ 1.50



Sandwiches, Rolls & Wraps

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

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



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

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

Salads

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



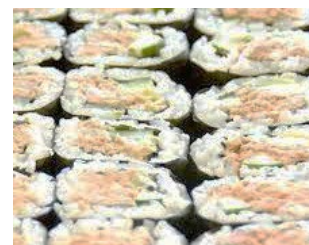
(GF) = Gluten Free
(V) = Vegetarian

Winter 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	\$ 3.00		
Spinach and Ricotta Rolls (V)	\$ 3.50	Beef Burger (Fridays Only)	\$ 6.50
Pie Beef	\$ 4.50	<i>Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Garlic Bread	\$ 3.00		
Sauce Sachet	\$.20		



Homemade Pasta	<i>Small</i>	\$ 6.00	Cheese Burger (Fridays Only)	\$ 6.50
<i>Napolitana or Bolognese</i>	<i>Large</i>	\$ 8.00	<i>Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	

Chicken Burger	\$ 5.00	Chef's Hot Daily Specials of the Week	
<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>(please check Menu Board/Skoolbag)</i>	
		<i>Small</i>	\$ 6.00
		<i>Large</i>	\$ 8.00



Fish Burger	\$ 6.00	Chef's Soup of the Week with Roll	\$ 5.00
<i>Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce</i>		<i>(please check Menu Board/Skoolbag)</i>	



Fresh Bakery

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

Snacks

Fruit – Fresh Seasonal (<i>per piece</i>)	\$ 1.00	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	Gluten Free Snacks	\$ 1.50
Fruit Salad	\$ 4.00	Yoghurt (<i>Yoplait</i>)	\$ 2.50
Pot of Hummus	\$ 1.00	Yoghurt Cup (<i>with Berries & Granola</i>)	\$ 3.50
Tub of Cucumber and Carrot	\$ 2.00	Quelch Sticks	\$ 1.00
Carrot Sticks	\$.50	Sorbets	<i>Small</i> \$ 3.50
Cucumber Sticks	\$ 1.00		<i>Large</i> \$ 4.00
Grain Waves	\$ 1.50		



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Drinks

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

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