

# Colo High Canteen Menu 2020

<b>Cold Lunches</b>	
Salmon salad S/w	5.00
<b>Baked bean S/W</b>	3.50
Cheese and Tomato s/w	3.20
Chicken/Lettuce/Mayo s/w	4.00
Chicken Caesar Wrap	4.50
Cheese sandwich (reduced fat)	3.00
Mexican Wrap	4.50
Salad Roll	4.50
Egg and Lettuce s/w	4.00
Sweet Chilli chicken/lettuce/mayo roll	4.50
Egg salad sandwich	4.50
Tuna salad sandwich	4.50
<b>Salads</b>	
Chicken Caesar Salad Box	5.00
Mixed Salad Box (lettuce/,tomato/carrot/ cucumber)	4.50
Falafel salad box	5.00
Salmon salad box	5.00
Tuna salad box	5.00
Egg salad Box	5.00
Fruit Salad Tub	2.50
Chicken salad box	5.00
Pasta Salad	3.00
Chicken Pasta Salad	5.00
<b>Sushi</b>	
Teriyaki	3.00
Tuna	3.00
California	3.00
<b>Hot Lunches</b>	
Mamee Noodles Chicken	3.00
Meat Pie	4.00
Sausage roll	3.00
Spinach and Ricotta Roll	3.00
Butter Chicken and Rice	4.50
Vegetable Pie	4.00
Lasagne	4.50
Vegetable Lasagne	4.50
sauce	.30

<b>Everyday daily hot lunch specials</b>	
Monday :Flame grilled chicken burger with lettuce ,tomato and mayo	5.00
Tuesday: Chicken and Cheese Roll	5.00
Wednesday: Meatballs/pizza sauce/cheese on a torpedo roll	5.00
Thursday: Chicken and cheese roll	5.00
Friday: Colo Burger – meat pattie/lettuce/tomato Cheese and tomato sauce	5.00
<b>SNACKS</b>	
Apple (red and green)	1.50
banana	1.50
orange	1.50
mandarin	1.50
Jelly Cups (low Joule)	1.00
Carrot/cucumber sticks	1.00
Ruby and Roys Greek yoghurt and fruit puree ,( passionfruit, mango and boysenberry)	2.50
Fresh Fruit	1.00
Plain Popcorn	1.50
Crispy fruits- strawberry/mango/pineapple/apple	1.50
Hard Boiled egg	1.00
Red Rock Potato Chips 28g sea salt	1.50
Banana Bread 75G	2.00
Roasted Chick peas 25g (happy snack company)	1.00
Roasted Fava bean 15 g (Happy snack Company)	0.80
<b>Drinks</b>	
Water	2.00
Milk (plain) 300ml 600ml 1 litre	
Flavoured Milk 500ml(chocolate, strawberry and vanilla malt	3.50
Flavoured Milk 300ml ( chocolate, strawberry	2.50
99% fruit juice 250ml (orange, apple, apple blackcurrant, tropical)	2.50
Glee tropical, raspberry and apple blackcurrant	2.00
Up and Go 250ml vanilla, chocolate, strawberry and Banana	2.50
Vegetable Juice 250ml	2.50

Prices are subject to change at any time due to increases from distributors.

