

# Colo High Canteen Menu 2023

<b>Cold Lunches</b>	
Salmon salad S/w	6.00
<b>Baked bean S/W</b>	4.00
Cheese and Tomato s/w	4.00
Chicken/Lettuce/Mayo s/w	4.50
Chicken Caesar Wrap	4.50
Mexican Wrap	4.50
Salad Roll	5.00
Egg and Lettuce s/w	4.00
Sweet Chilli chicken/lettuce/mayo roll	5.00
Egg salad sandwich	5.00
Sweet chilli chicken salad sandwich	6.00
<b>Salads</b>	
Chicken Caesar Salad Box	5.00
Mixed Salad Box (lettuce/,tomato/carrot/cucumber)	5.00
Falafel salad box	
Salmon salad box	
Tuna salad box	5.00
Egg salad Box	5.00
Fruit Salad Tub	4.00
Chicken salad box	5.00
Pasta Salad	
<b>Sushi</b>	
Teriyaki	4.00
Chicken Schnitzel	4.00
Tuna	4.00
Avocado and Cucumber	4.00
<b>Hot Lunches</b>	
Noodles Chicken/beef	3.00
Meat Pie	5.00
Sausage roll	4.00
Spinach and Ricotta Roll	3.50
Butter Chicken and Rice	5.50
Vegetable Pie	5.00
Lasagne	4.00
Vegetable Lasagne	4.50
sauce	.50
<b>Everyday daily hot lunch specials</b>	
Monday :Flame grilled chicken burger with lettuce ,tomato and mayo	6.00
Tuesday: Chicken and Cheese Roll	5.00
Wednesday: Meatballs/pizza sauce/cheese	6.00

on a torpedo roll	
Thursday: Chicken and cheese roll	5.00
Friday: Colo Burger – meat pattie/lettuce/tomato Cheese and tomato sauce	6.00
Carrot sticks	2.00
yoghurt and fruit puree ,( passionfruit, mango and boysenberry)	3.00
Fresh Fruit	2.00
Plain Popcorn	1.50
Crispy fruits- strawberry/mango/pineapple/apple	1.50
Hard Boiled egg	1.00
Red Rock Potato Chips 28g and sea salt	1.50
Banana Bread 75G	2.50
<b>Drinks</b>	
Water	2.00
Milk (plain)	
Flavoured Milk 500ml(chocolate, strawberry and vanilla malt	4.00
Flavoured Milk 300ml ( chocolate, strawberry	3.00
99% fruit juice 250ml (orange, apple, apple blackcurrant, tropical)	2.50
Glee tropical, raspberry and apple blackcurrant	2.50
Up and Go 250ml vanilla, chocolate, strawberry	2.50
Vegetable Juice 250ml	2.50
<b>Frozen Snacks</b>	
Frozen pineapple slices	1.00
Twisted Frozen yoghurt( strawberry/vanilla and watermelon /mango)	2.50
Juicees ( tropical ,wildberry, orange and lemonade	2.00
Frozen orange quarters	2.00
<b>Gluten Free</b>	
Meat Pie	5.00
Vegetable and ricotta roll	4.00
Lasagne	4.00
<b>Vegetarian</b>	
Vegetable pie	4.00
Salad boxes	5.00
Falafel Rolls with cheese ,tomato and hummus	5.00

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

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Vegetable and ricotta roll	4.00

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