

Colo High Canteen Menu 2022

Cold Lunches	
Salmon salad S/w	5.00
Baked bean S/W	
Cheese and Tomato s/w	3.00
Chicken/Lettuce/Mayo s/w	4.00
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
Tuna salad sandwich	5.00
Salads	
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	3.00
Chicken salad box	5.00
Pasta Salad	
Sushi	
Teriyaki	3.00
Tuna	3.00
California	3.00
Hot Lunches	
Mamee Noodles Chicken/beef	3.00
Meat Pie	4.00
Sausage roll	3.50
Spinach and Ricotta Roll	3.00
Butter Chicken and Rice	5.00
Vegetable Pie	4.00
Lasagne	4.00
Vegetable Lasagne	4.50
sauce	.50
Everyday daily hot lunch specials	
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
Carrot sticks	
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 and sea salt	1.50
Banana Bread 75G	2.50
Roasted Chick peas 25g (happy snack company)	1.00
Roasted Fava bean 15 g 9Happy snack Company)	0.80
Drinks	
Water	2.00
Milk (plain)	
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	2.50
Up and Go 250ml vanilla, chocolate, strawberry	2.50
Vegetable Juice 250ml	2.50
Frozen Snacks	
Frozen pineapple slices	
Twisted Frozen yoghurt(strawberry/vanilla and watermelon /mango)	2.50
Juicees (tropical ,wildberry, orange and lemonade	2.00
Weiss Fruit bars strawberry and mango	2.00
Gluten Free	
Meat Pie	5.00
Vegetable and ricotta roll	4.00
Lasagne	4.00
Vegetarian	
Vegetable pie	4.00
Salad boxes	5.00
Falafel Rolls with cheese ,tomato and hummus	5.00
Vegetable and ricotta roll	4.00

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

Colo High Canteen Menu 2022

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