PARAPARAUMU COLLEGE CANTEEN MENU

All Items on this page can be ordered for lunch, items with → beside can also be ordered.

VEGETARIAN

Garlic Bread, Plain bread roll topped with garlic butter $1.50

Macaroni Cheese, Macaroni elbows with cheese sauce topped with a slice of tomato $3.00

Falafel Burger, Falafel pattie on a plain bun with lettuce, carrot tomato, relish and mayo $3.50

Fresh Fruit Salad, ...$3.00

Veggie Pizza..... .....$3.50

CHILLED DISHES

Salad,

Chicken, lettuce, carrot, cheese, cucumber, tomato, spring onion and dressing..... .....$6.00

Ham, lettuce, carrot, cheese, cucumber, tomato, spring onion and dressing..... .....$5.50

BBB> Lettuce, banana, brie and grilled bacon topped with honey mustard dressing and spring onion..... .....$5.50

Sandwiches.

Simple. Any plain filling on wholemeal bread, E.G. egg or ham or cheese and onion.....$2.50

BLT. Grilled bacon, lettuce, tomato, avocado and mayonaise $3.50

Chicken salad. Chicken, lettuce, carrot, cheese, tomato, cucumber, spring onion mayo and apricot sauce $4.50

Ham salad. Ham, lettuce, carrot, cheese, tomato, cucumber, spring onion, mayo and mustard . $4.00

Vegetarian salad egg mash, lettuce, carrot, cheese, tomato, cucumber, spring onion and mayo.. $3.50

TERMS 1 & 4 ONLY

Sushi, Smoked salmon, Avocado, or Chicken, seasoned rice, carrot, cucumber, pickled ginger rolled in nori with wasabi and soy..... $3.50

HOT DISHES.

Panini,

Roasted vege and mango chutney..... $4.00

Chicken cream cheese and apricot sauce..... $4.50

Ham cheese and pineapple.... ..... $4.00

Bacon egg and tomato $3.50

Chicken Burger, Grilled pattie, lettuce, carrot, tomato, relish and mayo..... ..... $4.00

Beef Burger, Grilled pattie, lettuce, carrot, tomato, relish and mayo..... ..... $3.50

American Hotdog, Frankfurter in a long roll topped with tomato relish and mustard..... $3.00

Ham & Pineapple pizza Savoury scone base topped with tomato Relish, onion, ham and pineapple..... ..... $3.50

Spaghetti Melt 1\2 burger bun toasted with Spaghetti and grilled cheese $1.30

THURSDAYS ONLY!

Goodtime Metro pies Chicken, mince, or potato top $2.50

TERMS 2&3 ONLY

Soup homemade changes weekly $2.00

Bread roll with butter……..... $1.00

SNACK FOODS.

Mondays are pastry free days!

Muffins $1.00

Butter & knife $0.30

Cookies $1.00

Afghan\white choc $2.00

V chips $1.50

Tuna & crackers $3.70

Filled Roll $4.00

Yoghurt $1.40

Fresh fruit ..... variable.

Hot oven baked wedges (Mon only) $2.50

Goodtime Metro pies Chicken, mince, or potato top

Not available on Mondays.... ..... $2.50

COLD DRINKS.

Juice $2.40

Water 750ml $2.50

400ml $2.00

Milk 600ml $2.70

250ml $1.50

Fruzo $2.00

Joosicle (frozen) $0.70

Moojoo (choc or strawb) $1.30

HOT DRINKS (all served in 400ml takeaway cup)

All coffee is made with L'affare freshly ground Beans.

Long black $2.70

Latte $3.80

Flat white $3.80

Cappuccino $3.80

Mocchacino $3.80

Hot chocolate $3.80

Chia $3.80

Tea $2.50

Infused tea $2.50

Raspberry & peach, Camomile, Lemon & ginger

Or Blackcurrant, ginseng & vanilla.

Extra shot of coffee ..... add $0.90

Vanilla or Caramel shot ..... add $0.70

Soy milk ..... add $0.70

ORDERING GUIDELINES

We are open before school to take lunch orders and to sell general items, if you are late to school and have followed correct policy you may order your lunch at interval.

Pies may only be ordered on designated days.

You may only purchase two cookies at a time this includes lunch orders and general sales,

To place a lunch order it must contain a minimum lunch item of a garlic bread, muffin or spaghetti melt to be able to order snack and drink items, some snack items are not included in lunch orders e.g., grain waves,.

If you own a canteen card you can place your lunch order via email, it must be received by 10am and include your name, form class, account number and your order, you must ensure you have credit on your account to do this.

Lfs@paraparaumucollege.school.nz

I am always looking to improve my menu and welcome any comment or suggestion.

Sonya Lafrentz

Canteen Manager.

Paraparaumu College.