

E = Everyday available  
O = Need to Order

## **The Forest High School** **2022**

### **BREAKFAST**

Toast- jam/honey/vegemite \$4.00 (O)  
Low fat yoghurt \$5.50 (O)  
Fresh seasonal fruit \$1.00 (E)  
Large Fresh fruit salad \$5.00 (E)  
Low fat muffins \$4.50 (E)  
Low fat banana bread \$4.50 (E)

### **SALADS (Green)**

Garden Salad \$6.50 (E)  
Greek Salad \$6.50 (E)  
Schnitzel Caesar Salad \$6.50 (E)  
Caesar Dry \$6.50 (E)  
Tuna Pasta Salad \$6.50 (O)  
Chicken Avocado Pasta Salad \$6.50 (O)

### **SANDWICHES (Green)**

(White/whole meal/multigrain)  
Egg & lettuce \$5.00 (E)  
Tasty cheese & Salad \$5.00 (E)  
Tasty cheese \$4.00 (E)  
Tasty cheese & Tomato \$4.50 (E)  
Lean roast chicken \$5.00 (E)  
Lean roast chicken, lettuce & mayo \$5.00 (E)  
Tuna & Salad \$5.00 (O)  
Chicken & salad \$5.00 (E)  
Salad \$5.00 (E)  
Lean lite ham, tomato, cheese \$5.00 (E)  
Avocado and Chicken \$5.00 (O)

### **WRAPS (Green)**

Schnitzel Caesar Wraps \$6.50 (E)  
Veggie Wraps \$6.50 (O)  
Char Grilled Chicken kebab \$6.50 (O)  
Sweet Chilli Chicken Wrap \$6.50 (O)

### **HOT FOODS**

Low fat beef pie \$4.50 (E)  
Giant sausage roll \$4.00 (E)  
Spinach & ricotta roll \$4.50 (O)  
Fish Burger \$6.50 (O)  
Gourmet beef burger \$6.50 (E)  
Chicken Burger \$6.50 (E)  
Veggie Burger \$6.50 (O)  
Fried Rice \$6.00 (E)  
Lasagna \$6.50 (E)  
Napolitano pasta with fresh basil \$6.50 (E)  
Mediterranean pasta \$6.50 (O)  
Spaghetti Bolognese \$6.50 (E)  
Ravioli \$4.50 (E)  
Stir-Fry Noodles \$6.50 (E)  
Butter Chicken \$6.50 (E)  
Teriyaki Chicken and Rice \$6.50 (E)  
Fish and Chips \$7.50 (O)  
Chicken and Chips \$7.50 (O)  
Garlic Bread \$2.50 (E)

### **GLUTEN FREE**

Gluten free tuna salad boxes \$6.50 (O)  
Gluten free chicken salad boxes \$6.50 (O)  
Classic Italian Bean Salad \$6.50 (O)

### **DRINKS**

Flavoured milk - 300ml \$3.00/500 ml \$4.50 (E)  
Spring water \$3.00 (E)  
Up and Go \$3.00 (E)  
100% popper \$2.00 (E)  
Assorted Lite Mineral Water \$4.50 (E)  
Low Sugar Powerade 500 ml \$5.00 (E)  
Pepsi Max 375 ml \$3.00 (E)