

Please note all food on this menu needs to be ordered before school or at interval.

Hot Food

Panini—\$5.00

Ham—Ham, cheese & pineapple

Chicken—Chicken, cranberry & cheese

Vege—Caramelised onion, spinach, pumpkin, relish & cheese.

Burgers—\$5.00

Chicken or falafel. Served with lettuce, cheese & mayo, inside an artisan ciabatta bun.

Nachos (GF) - \$5.00

Corn chips topped with chilli beans, cheese & sour cream.

Pizza—Lunch size—\$5.00

Chicken & cranberry, Vege or BBQ bacon.

Fried rice (GF)- \$5.00

Basmati rice, beans, corn & carrot and your choice of egg or chicken. Made with gluten free soy sauce.

Chicken Teriyaki noodles - \$6.00

Egg noodles, chicken & veg tossed through with a teriyaki sauce. Roasted peanuts sprinkled on top.

Wedges—\$3.50 Oven baked and served with tomato sauce. **OR** add the works—bacon, cheese & sour cream **\$5.50**

Soups

Available every day for order.

\$4

Add garlic bread or a fresh bread roll \$2

Creamy tomato (GF)

Chicken laksa (GF)

Vegetable soup (GF)

Chilled food

Make the below fillings into a mammoth wrap, sandwich or roll:

\$5

- ⇒ **Chicken Caesar** - chicken, parmesan, bacon, mesclun & Caesar dressing.
- ⇒ **Asian slaw** - coleslaw, chicken, sesame dressing & roasted peanuts.
- ⇒ **Turkish** - Falafel or chicken. Iceberg, slaw, cheese, chilli & mayo.
- ⇒ **Greek** - chicken, cucumber, tomato, olives & iceberg lettuce.
- ⇒ **Chicken** - Crumbed tenders, lettuce, tomato, mayo & cheese.

⇒ **Taco lunch bowl (GF) —6.50**

Corn chips, Mexican beans, sour cream, tomato, cucumber, cheddar & ice berg lettuce. Deconstructed fresh bliss.

Hours

Every day except Thursday: 8:30am - 2:10pm

Thursday: 9:15 - 2:10pm

Did you know that you can have a canteen prepay account and text your order through to us? Ask us for an information sheet and make lunch and morning tea ordering easy.

PARAPARAUMU
COLLEGE



Salads

All \$6.50

Lentil—Soft brown lentils tossed with honey roasted root veg, baby spinach and a lemon vinaigrette.

Thai—Chicken coleslaw. Served with a lime, chilli & sesame dressing and roasted peanuts.

Avocado—Walnut, cranberry & baby spinach salad. Served with balsamic dressing.

Caesar—Chicken, bacon, croutons, parmesan, salad greens & Caesar dressing.

Turkish—Falafel, iceberg, carrot, cheddar & sweet chilli mayo dressing.

SNACKS

Available over the counter

Filled roll	\$4.00
Wraps	\$4.00
Pies	\$4.00
Sausage rolls	\$3.00
Spinach & ricotta rolls	\$3.00
Handmade Pizza slice	\$2.00
Readymade salads	\$5.00
Hash browns	\$1.00
Fruit	\$1.00
Slices & cakes	\$2.00
Garlic bread	\$2.00
Crisps	\$2.00
Corn chips	\$2.00
Noodles	\$3.00

Cookies	Small	\$1.50
	Large	\$2.50
	Gluten free	\$3.00

Bumper bars \$2.50

Bliss balls (GF) \$2.50

Sugar free mints tin \$3.50

Juicies \$1.00

Moosies \$1.50

Fruzo \$2.00



- ⇒ Tropical
- ⇒ Wildberry
- ⇒ Blackcurrant
- ⇒ Cola
- ⇒ Lemonade



- ⇒ Chocolate
- ⇒ Lime
- ⇒ Strawberry
- ⇒ Blue lagoon



Drinks

H2Go	750ml	\$3.00
	425ml	\$2.00
H2Go flavoured		\$3.50
Orange Juice		\$3.50
Ribena		\$3.50

Iced tea	\$3.50
Smoothies—Berry	\$3.50

Carton milks	\$1.50
Or two for	\$2.50

Large flavoured milks \$3.50

Ovi—berry, peach, citrus \$3.00

Komboocha— Feijoa \$4.00

To avoid disappointment - be sure to order your lunch in advance.