

# Conservatorium High School

## Canteen menu

### MONDAY

#### Food

- ❖ Granola with almond/soy/cow's milk, or yogurt - \$4
- ❖ French toast w/maple syrup and fruit topping - \$3.50
- ❖ Bacon & egg on wholemeal rolls w/relish - \$5
- ❖ Banana bread (using 100% spelt flour, 50% wholemeal) - \$3
- ❖ Shakshuka w/one egg - \$5; two eggs - \$6
- ❖ Omelette w/without cheese or mushrooms - \$4
- ❖ Fruit salad w/walnuts and dates - \$4
- ❖ Toasted ham & cheese sandwiches - \$4
- ❖ Penne pasta in tomato & basil sauce, w/without mozzarella - \$6
- ❖ Hamburgers w/without miso butter, tomato & lettuce - \$6.50
- ❖ Tofu burgers w/without miso butter, tomato & lettuce - \$6.50
- ❖ Creamy potato salad - \$5
- ❖ Side green salad - \$2.50
- ❖ Popcorn made in rice bran oil and served w/savoury yeast flakes (rich in vitamin B) - \$2
- ❖ **\*\*NEW\*\*** Raspberry popsicle - \$3 (vegan/dairy free)

#### Drinks

- ❖ Green/banana smoothie - \$4 (vegan/dairy free)
- ❖ **NEW\*\*** Raspberry-banana smoothie - \$4 (vegan/dairy free)
- ❖ Mint limeade - \$3.50
- ❖ Hot chocolate - \$3
- ❖ Herbal teas - \$3
- ❖ Low-caffeine chai latte - \$3.50

## WEDNESDAY

### Food

- ❖ Granola with almond/soy/cow's milk, or yogurt - \$4
- ❖ Suffganiot (Israeli mini doughnuts) - \$3
- ❖ Bacon & egg on wholemeal rolls w/relish - \$5
- ❖ Banana bread (using 100% spelt flour, 50% wholemeal) - \$3
- ❖ Shakshuka w/one egg - \$5; two eggs - \$6
- ❖ Omelette w/without cheese or mushrooms - \$4
- ❖ Fruit salad w/walnuts and dates - \$4
- ❖ Toasted ham & cheese sandwiches - \$4
- ❖ Thai rice soup with pork-coriander meatballs - \$5.50
- ❖ Spaghettini Bolognese - \$7
- ❖ Fusili w/pesto: caper & olive (vegan) - \$6
- ❖ Creamy potato salad - \$5
- ❖ Side green salad - \$2.50
- ❖ Popcorn made in rice bran oil and served w/savoury yeast flakes (rich in vitamin B) - \$2
- ❖ **NEW\*\*** Raspberry popsicle - \$3 (vegan/dairy free)

### Drinks

- ❖ Green/banana smoothie - \$4 (vegan/dairy free)
- ❖ **NEW\*\*** Raspberry-banana smoothie - \$4 (vegan/dairy free) get
- ❖ Mint limeade - \$3.50
- ❖ Hot chocolate - \$3
- ❖ Herbal teas - \$3
- ❖ Low-caffeine chai latte - \$3.50

## FRIDAY

### Food

- ❖ Granola with almond/soy/cow's milk, or yogurt - \$4
- ❖ Buttermilk pancakes w/fruit topping - \$4
- ❖ Banana bread (using 100% spelt flour, 50% wholemeal) - \$3
- ❖ Bacon & egg on wholemeal rolls w/relish - \$5
- ❖ Shakshuka w/one egg - \$5; two eggs - \$6
- ❖ Omelette w/without cheese or mushrooms - \$4
- ❖ Fruit salad w/walnuts and dates - \$4
- ❖ Toasted ham & cheese sandwiches - \$4
- ❖ Garlic chicken w/creamy lemon-anchovy sauce - \$7
- ❖ Rigatoni w/white bolognese - \$7
- ❖ Cellophane noodle salad w/cabbage - \$6
- ❖ Creamy potato salad - \$5
- ❖ Side green salad - \$2.50
- ❖ Popcorn made in rice bran oil and served w/savoury yeast flakes (rich in vitamin B) - \$2
- ❖ **NEW\*\*** Raspberry popsicle - \$3 (dairy free)
- ❖ **NEW\***Friday afternoon treats: upscaled cream & merengue cake, cupcakes, slices - \$3-4

### Drinks

- ❖ Green/banana smoothie - \$4 (vegan/dairy free)
- ❖ **NEW\*\*** Raspberry-banana smoothie - \$4 (vegan/dairy free)
- ❖ Mint limeade - \$3.50
- ❖ Hot chocolate - \$3
- ❖ Herbal teas - \$3
- ❖ Low-caffeine chai latte - \$3.50