



Al-Taqwa College

School Canteen Menu



Sandwiches, Rolls & Wraps

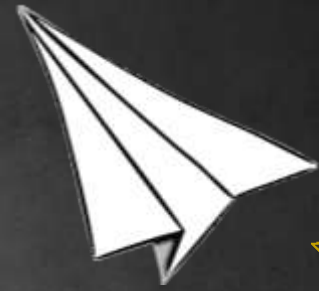
- Grilled chicken with salad \$5.00
- Tuna with salad \$3.50
- Cheese and salad \$3.00

Burgers

- Chicken burger with lettuce, tomato, onion \$5.00
- Beef burger with lettuce, tomato, onion \$5.00
- Veggie burger with lettuce, tomato, onion
(upon request) \$5.00
- (add cheese for an extra 50c)

Hot Food

- Vegetable pasta bake \$3.00
- Fried rice with veggies or meat (Tuesdays only)..... \$3.00
- Baked spring rolls \$2.00
- Steamed dimsims \$1.00
- Baked chicken nuggets with mashed potatoes \$3.00
- Baked hash brown..... \$1.00
- Nachos (corn chips with tomato salsa & low fat cheese
..... \$4.50
- Oven baked wedges with low fat sour cream
(upon request) \$4.00
- Toasties : Cheese \$2.00
 - Cheese & tomato \$2.50
- Meat pies (Mondays only) \$4.00
- Sausage rolls (Thursdays only) \$4.00



Salads

- Garden salad \$3.00
- Coleslaw salad \$3.00
- Greek salad \$4.00
- Tuna salad \$5.00
- Grilled chicken salad \$6.00

Snacks

- Corn on the cob \$2.00
- Corn in a cup with low-fat margarine \$2.00
- Popcorn \$1.50
- Fruit salad cup \$2.00
- Zooper Dooper (during warm weather) \$1.00

Drinks

- Bottled water \$2.00
- Fruit juice \$2.50
- Waterfords mineral water \$2.50

