



# Made Fresh Canteen Menu



**If Gluten Free food is required please order before 8.30am**

**GFA**=Gluten Free options available **GF**=Gluten Free **V**=Vegetarian **LF**=Lactose Free

## BREAKFAST

|                           |        |
|---------------------------|--------|
| Plain milk cup            | \$2.00 |
| Fresh cut veggie cup      | \$2.00 |
| Vegemite toast            | \$2.00 |
| Jam or honey toast        | \$2.00 |
| Hot chocolate             | \$2.50 |
| Corn flakes cup           | \$2.50 |
| Pancakes x 2 with honey   | \$3.00 |
| Cheese toastie            | \$3.50 |
| Cheese & lean ham toastie | \$4.50 |
| Vanilla yoghurt (low fat) | \$3.00 |



## SANDWICHES

|                                           |        |
|-------------------------------------------|--------|
| Cheese                                    | \$3.50 |
| Cheese & tomato                           | \$4.00 |
| Lean ham & cheese                         | \$4.50 |
| Lean ham, cheese & tomato                 | \$5.00 |
| Tuna, lettuce & mayo                      | \$5.00 |
| Salad (lettuce, tomato, carrot, cucumber) | \$5.00 |
| Fresh chicken, lettuce & mayo             | \$5.50 |



## WRAPS & ROLLS

|                                           |        |
|-------------------------------------------|--------|
| Cheese                                    | \$4.50 |
| Cheese & tomato                           | \$5.00 |
| Lean ham & cheese                         | \$5.50 |
| Lean ham, cheese & tomato                 | \$6.00 |
| Tuna, lettuce & mayo                      | \$6.00 |
| Salad (lettuce, tomato, carrot, cucumber) | \$6.00 |
| Fresh chicken, lettuce & mayo             | \$6.50 |



## FRESH FRUIT & YOGHURT

|                                            |        |
|--------------------------------------------|--------|
| Whole fresh fruit each                     | \$1.50 |
| Freshly cut veggie cup                     | \$2.00 |
| Fresh grapes cup (seasonal)                | \$3.00 |
| Fresh cut watermelon cup                   | \$3.00 |
| Fresh diced fruit cup                      | \$3.50 |
| Vanilla yoghurt (low fat)                  | \$3.00 |
| Yoghurt with fruit or muesli cup           | \$3.50 |
| Watermelon pieces in a bowl (12oz)         | \$5.00 |
| Seasonal fresh fruit salad bowl (12oz)     | \$5.50 |
| Fresh fruit salad with yoghurt bowl (12oz) | \$6.00 |



## SALADS (All Salads served in 12oz bowl)

|                                  |        |
|----------------------------------|--------|
| Garden salad                     | \$5.00 |
| Cheese salad                     | \$6.00 |
| Lean ham salad                   | \$6.00 |
| Tuna salad                       | \$6.00 |
| Greek salad                      | \$6.00 |
| Fresh chicken breast salad       | \$6.00 |
| Fresh chicken avocado salad      | \$6.00 |
| Caesar salad (No chicken)        | \$6.00 |
| Fresh chicken caesar salad       | \$6.00 |
| Fresh chicken breast pasta salad | \$6.00 |



All salads are available every day if you pre order before 8.30am

## HOT FOOD

|                                                  |        |
|--------------------------------------------------|--------|
| Corn cob                                         | \$1.50 |
| Hash brown                                       | \$2.00 |
| Chicken & corn roll                              | \$2.50 |
| Fresh chicken wings x 1                          | \$3.00 |
| Potato gems x 10                                 | \$3.00 |
| Potato wedges (bag 100g)                         | \$3.00 |
| Noodle cup chicken                               | \$4.50 |
| Noodle cup beef                                  | \$4.50 |
| Beef or chicken hot dog NO FREE SAUCE            | \$4.50 |
| Chicken nuggets (5 pieces)                       | \$5.00 |
| Chicken goujonettes (4 pieces)                   | \$5.00 |
| Garlic bread (small)                             | \$1.50 |
| Garlic & cheese bread (small)                    | \$2.00 |
| Cheese pizza sub                                 | \$3.00 |
| Homemade pizza with cheese                       | \$6.00 |
| Homemade pizza with lean ham & cheese            | \$6.50 |
| Homemade hawaiian pizza                          | \$6.50 |
| Nachos with salsa & cheese (small)               | \$4.00 |
| Sausage roll NO FREE SAUCE                       | \$5.50 |
| Meat pie NO FREE SAUCE                           | \$6.00 |
| Potato or curry pie                              | \$6.50 |
| Beef lasagne                                     | \$6.50 |
| Vegetarian lasagne                               | \$6.50 |
| Beef meatball sub w/napolitana sauce/cheese      | \$5.50 |
| Chicken meatball sub w/napolitana sauce/cheese   | \$5.50 |
| Grilled chicken souvlaki on a roll               | \$5.50 |
| Grilled chicken souvlaki wrap                    | \$5.50 |
| Chicken breast fillet burger with lettuce & mayo | \$6.50 |
| Chicken burger                                   | \$6.50 |
| Cheeseburger                                     | \$6.00 |
| Aussie lean beef burger with lettuce/tomato      | \$6.50 |
| Fillet-O-Fish burger with lettuce & mayo         | \$6.50 |



## SUSHI

|                  |        |
|------------------|--------|
| Veggie           | \$5.50 |
| Tuna             | \$5.50 |
| Beef             | \$5.50 |
| Teriyaki chicken | \$5.50 |



## VEGGIE & OTHER SNACK PACKS

|                                                         |        |
|---------------------------------------------------------|--------|
| Veggie cup with hommus                                  | \$3.00 |
| Veggie bowl (carrots,celery,corn,tomatoes,bread sticks) | \$4.50 |
| Veggie bowl with cheese cubes & bread sticks            | \$5.00 |
| Veggie bowl with fresh chicken breast & bread sticks    | \$5.50 |

## CRUNCH N SIP PACKS

|                                               |        |
|-----------------------------------------------|--------|
| Fresh piece of fruit & water 400ml            | \$3.00 |
| Fresh orange or mandarin wedges & water 400ml | \$3.50 |
| Freshly cut veggie cup & water 400ml          | \$3.50 |
| Fresh diced fruit cup & water 400ml           | \$4.00 |

## SNACKS & FROZEN ITEMS

|                                           |        |
|-------------------------------------------|--------|
| Bread sticks x 4                          | \$2.00 |
| Homemade cookies x 1 (made fresh daily)   | \$1.30 |
| Homemade fresh muffins (made fresh daily) | \$2.00 |
| Gummy bear x3                             | \$1.00 |
| Popcorn                                   | \$1.50 |
| Monster noodle snacks                     | \$2.00 |
| Rice sticks cheese                        | \$2.50 |
| Delites rice snacks 20g                   | \$2.50 |
| Grain waves 22g                           | \$3.00 |
| Red rock deli chips 28g                   | \$2.80 |
| Quelch 99% fruit juice sticks             | \$1.00 |
| Sour snap stix                            | \$2.00 |
| Frozen orange or mandarin wedges cup      | \$2.50 |
| Frozen grapes cup                         | \$3.00 |
| Frozen watermelon cup                     | \$3.00 |
| Frozen 99% juice small cup                | \$1.00 |
| Frozen 99% juice cup                      | \$2.00 |
| 99% frozen nippy's juice cup              | \$2.50 |
| Frozen plain milk cup                     | \$2.00 |
| Frozen milk cup (chocolate, strawberry)   | \$2.50 |
| Frozen jelly small cup                    | \$1.00 |
| Frozen jelly cup                          | \$2.00 |
| Ice many freeze pops                      | \$2.50 |
| Vanilla ice cream cup (98% fat free)      | \$3.50 |
| Custard small cup                         | \$1.50 |
| Custard cup                               | \$2.50 |
| Jelly & custard cup                       | \$3.00 |
| Chocolate custard cup                     | \$3.00 |



## HOMEMADE MENU

### AVAILABLE EVERY DAY

|                      |        |
|----------------------|--------|
| Pasta bolognese      | \$6.00 |
| Mac & cheese         | \$6.00 |
| Pasta with meatballs | \$6.00 |



|           |                          |        |
|-----------|--------------------------|--------|
| Monday    | Veggie fried rice        | \$6.00 |
| Tuesday   | Chicken napolitana pasta | \$6.00 |
| Wednesday | Butter chicken & rice    | \$6.00 |
| Thursday  | Napolitana pasta         | \$6.00 |
| Friday    | Chicken hokkien noodles  | \$6.00 |

Gluten Free options available extra \$1.50

## DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$2.00

|                      |                                    |
|----------------------|------------------------------------|
| <b>Pack 1 \$5.50</b> | <b>CHEESE SANDWICH</b>             |
|                      | Water 400ml + frozen stix or fruit |
| <b>Pack 2 \$7.00</b> | <b>SALAD SANDWICH</b>              |
| <b>GFA V LF</b>      | Water 400ml + frozen stix or fruit |
| <b>Pack 3 \$7.50</b> | <b>MEATBALL SUB (small)</b>        |
|                      | Water 400ml + frozen stix or fruit |
| <b>Pack 4 \$8.00</b> | <b>PASTA BOLOGNAISE</b>            |
|                      | Water 400ml + frozen stix or fruit |
| <b>Pack 5 \$8.50</b> | <b>CHICKEN BURGER</b>              |
|                      | Water 400ml + frozen stix or fruit |
| <b>Pack 6 \$8.30</b> | <b>LASAGNE</b> beef or Vegetarian  |
|                      | Water 400ml + frozen stix or fruit |

## MILK - JUICES - DRINKS

|                        |        |
|------------------------|--------|
| Water 400ml            | \$2.00 |
| Water 600ml            | \$2.50 |
| Popper 99% juice 250ml | \$2.80 |
| Milk 300ml (plain)     | \$3.00 |
| UP & GO 250ml          | \$3.30 |
| Light milk 300ml       | \$3.50 |



Extra fillings 0.80c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

We have all types of bread: white, wholemeal or multigrain, wraps, white roll or focaccia, Gluten Free sliced bread extra \$1.00,

Upsize salad to 200Z extra \$2.00, sauce each 50c, CUTLERY 50c

**OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS**