

Friday 22 October, 2021

SCHOOL CANTEEN



Dear Parents/ Carers,

From Monday 25 October, 2021 the school canteen will reopen. This is wonderful news for our students, however, some changes will occur to ensure we are following COVID-Safe procedures.

The most important change is with lunchtime ordering and the hours of operation. We are encouraging families to order lunches on-line, that is the lunch that is eaten at 11.00-11.10am. It really is a simple process that doesn't take you long at all.

<https://www.flexischools.com.au/>

Canteen Menu - <https://bit.ly/3G0IG8h>

Procedures for children

1. If you are not ordering online, children will bring their money and lunch bag to class every morning (the canteen is not opened at 8.30-9.00am) and parents/ carers cannot enter school grounds).
2. From 9.00-9.30am, an announcement will be made for each grade to drop off their canteen order at the canteen (a staff member will be there to assist any children who need help).
3. At 11.00-11.10am, lunch orders will be collected by staff and distributed to the children.
4. The canteen will also be open at afternoon break. At this time, children will be asked to line up in their grade group to purchase items. Once items are purchased, children return to their designated area to eat and play.

This change will mean that if children do not order their lunch in the morning (to eat at 11.00-11.10am), they will not have the opportunity to buy any snacks until Break 2. That is 1.00-1.30am – for 3-6 classes and 1.40-2.10pm for K-2. These changes are daily and occur to ensure grade groups are not mixing during play time.

More information



- **Should I put the correct money in my child's lunch order bag?** Yes, it is encouraged.
- **How will I know if my child has ordered their lunch in the morning?** Unfortunately, you will not know as no adults are allowed on-site. The important thing to do is talk to your child about what they need to do.
- **Can my child purchase food items at Break 2?** Yes, all children will have an opportunity to purchase afternoon snacks at Break 2.
- **Are break times the same for all children?** No, they are not. Lunch breaks are grouped into two; we have K-2 grade groups and 3-6 grade groups.

Please work with us as we implement these new procedures at this time.

Yours sincerely,

Anthony Pitt
Principal

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Made Fresh Canteen Menu



If Gluten Free food is required please order before 9am

BREAKFAST

Plain milk	\$1.00
Vegemite	\$1.50
Jam or honey toast	\$1.50
Hot chocolate	\$1.50
Fresh cut veggie cup	\$1.50
Toasted cheese sub	\$2.00
Toasted cheese & lean ham sub	\$2.50
Corn flakes bowl	\$2.50
Pancakes x2 with honey	\$2.50
Vanilla yoghurt (low fat)	\$2.50



SANDWICHES

Vegemite or jam or honey toast	\$1.50
Lean ham & cheese	\$3.50
Fresh chicken	\$4.50
Tuna, lettuce & mayo	\$4.50
Lean ham, cheese & tomato	\$4.50
Salad (lettuce, tomato, carrot, cucumber)	\$4.50



Extra fillings 0.50c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

WRAPS & ROLLS

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

HOT FOOD

Corn cob	\$1.00
Garlic bread (small)	\$1.00
Garlic & cheese bread (small)	\$1.50
Fresh chicken wings x1	\$1.80
Cheese pizza sub	\$2.50
Beef meatball sub with napolitana sauce/cheese	\$4.50
Chicken meatball sub with napolitana sauce/cheese	\$4.50
Plain grilled chicken souvlaki on a roll	\$4.50
Plain grilled chicken souvlaki wrap	\$5.00
Homemade pizza with cheese	\$5.00
Homemade pizza with lean ham & cheese	\$5.50
Homemade hawaiian pizza	\$5.50
Beef lasagne (non halal)	\$5.50
Vegetarian lasagne	\$5.50
Cheeseburger	\$5.50
Aussie lean beef burger lettuce/tomato	\$5.50
Chicken breast fillet burger lettuce & mayo	\$5.50



SALADS (All Salads served in 12oz Dome)

Garden salad	\$4.50
Tuna salad	\$5.00
Cheese salad	\$5.00
Lean ham salad	\$5.00
Caesar salad	\$5.00
Fresh chicken breast salad	\$5.00
Fresh chicken breast pasta salad	\$5.00
Fresh chicken avocado salad	\$5.00
Greek salad	\$5.00
Fresh chicken Caesar salad	\$5.00



FRESH FRUIT & YOGHURT

Whole fresh fruit each	\$1.50
Fresh cut veggie cup	\$1.50
Fresh grapes cup (seasonal)	\$2.00
Fresh cut watermelon cup	\$2.00
Fresh diced fruit cup	\$2.50
Vanilla yoghurt (low fat)	\$2.50
Yoghurt with fruit or muesli cup	\$3.00
Watermelon pieces in a bowl (12oz)	\$4.00
Seasonal fresh fruit salad bowl (12oz)	\$4.50
Fresh fruit salad with yoghurt bowl (12oz)	\$5.00



HOMEMADE MENU

Australian, European, Asian & Mexican Meals

AVAILABLE EVERY DAY	Pasta bolognaise	\$5.00
	Mac & cheese	\$5.00
	Chicken napolitana pasta	\$5.00
	Pasta with beef meatballs	\$5.00
	Pasta with chicken meatballs	\$5.00
Monday	Veggie fried rice	\$5.00
Tuesday	Mexican chicken burrito skillet & rice	\$5.00
Wednesday	Teriyaki chicken stir fry & steamed rice	\$5.00
Thursday	Thai red curry chicken, vegetables & rice	\$5.00
Friday	Chicken hokkien noodles	\$5.00



Gluten Free options available extra \$1.00

SNACKS & FROZEN TREATS

Plain or frozen 99% juice small cup	50c
Plain or frozen 99% juice-jelly small cup	80c
Custard small cup	80c
Quelch 99% fruit juice sticks	\$1.00
Plain or frozen 99% juice cup	\$1.00
Frozen plain milk cup	\$1.00
Bread sticks x4	\$1.00
Plain or frozen 99% juice-jelly cup	\$1.30
Frozen jelly cup	\$1.30
Frozen orange or mandarin wedges cup	\$1.50
Custard cup	\$1.50
Chocolate custard cup	\$2.00
Frozen lite milk cup (chocolate, strawberry)	\$1.80
Frozen nippy's 99% juice cup	\$2.00
Ice many freeze pops	\$2.00
Frozen grapes cup	\$2.00
Frozen watermelon cup	\$2.00



VEGGIE & OTHER SNACK PACKS

Veggie cup with hommus	\$2.50
Veggie dome (carrots, celery, corn, tomatoes, bread sticks)	\$4.00
Veggie dome with cheese cubes & bread sticks	\$4.50
Veggie dome with fresh chicken breast & bread sticks	\$5.00

CRUNCH N SIP PACKS

Fresh piece of fruit & water 400ml	\$2.50
Fresh orange/apple wedges & water 400ml	\$3.00
Fresh cut veggie cup & water 400ml	\$3.00
Fresh diced fruit cup & water 400ml	\$3.50

SUSHI

Tuna	\$4.50
Veggie	\$4.50
Teriyaki chicken	\$4.50



DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

PACK 1	CHEESE SANDWICH	\$3.50
	Water 400ml + frozen stick or fruit	
PACK 2	SALAD SANDWICH	\$5.50
	Water 400ml + frozen stick or fruit	
PACK 3	MEATBALL SUB	\$6.00
	Water 400ml + frozen stick or fruit	
PACK 4	PASTA BOLOGNAISE	\$6.00
	Water 400ml + frozen stick or fruit	
PACK 5	CHICKEN/CHEESE ROLL	\$6.50
	Water 400ml + frozen stick or fruit	
PACK 6	LASAGNE beef or vegetarian	\$7.00
	Water 400ml + frozen stick or fruit	

MILK - JUICES - DRINKS

Water 400ml	\$1.80
Water 600ml	\$2.50
Milk 300ml (plain)	\$2.50
Popper 99% juice 250ml	\$2.50
UP & GO 250ml	\$3.00
Light milk 300ml	\$3.30



We have all types of bread: White, Wholemeal or Multigrain, Wraps, White Roll or Focaccia

Gluten Free Bread extra \$1.00 Gluten Free Tortilla extra \$1.00 Gluten Free Focaccia extra \$2.00

Upsize Salad, Fruit Salad to 200z extra \$1.50 Extra Sauce or Cutlery each 30c

OCCASIONAL ITEMS AVAILABLE

HOT FOOD

Hash brown	\$1.30
Chicken & corn roll	\$1.80
Potato gems x10	\$2.00
Potato wedges (bag 100g)	\$2.50
Nachos with salsa & cheese	\$3.50
Noodles cup	\$3.80
Beef or chicken hot dog (one free sauce)	\$4.00
Chicken nuggets (5 pieces)	\$4.00
Chicken Goujonettes (4 pieces)	\$4.00
Sausage roll (one free sauce)	\$4.80
Meat pie (one free sauce)	\$5.50
Chicken burger	\$5.50
Fillet-O-Fish burger with lettuce & mayo	\$6.00



SNACKS & DRINKS

Homemade cookies x1 (freshly made daily)	50c
Gummy bear x3	\$1.00
Popcorn	\$1.00
Monster chicken noodle snacks	\$1.30
Monster bbq noodle snacks	\$1.30
Rice sticks cheese	\$2.00
Jelly cup	\$1.30
Jelly & custard cup	\$2.00
Homemade fresh muffins (freshly made daily)	\$1.50
Vanilla ice cream cup	\$2.00
Delites rice snacks 20g	\$2.00
Grain waves 22g	\$2.50
Red rock deli chips 28g	\$2.50



OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS

الجمعة 22 أكتوبر 2021



كافتريا المدرسة

أولياء الأمور / مقدمو الرعاية الأعزاء ،

اعتبارًا من يوم الاثنين 25 أكتوبر 2021 ، سيتم إعادة فتح مقصف المدرسة. هذه أخبار رائعة لطلابنا ، ومع ذلك ، ستحدث بعض التغييرات للتأكد من أننا نتبع إجراءات COVID-Safe.

أهم تغيير هو طلب وقت الغداء وساعات العمل. نحن نشجع العائلات على طلب وجبات الغداء عبر الإنترنت ، أي الغداء الذي يتم تناوله في الساعة 11.00-11.10 صباحًا. إنها حقًا عملية بسيطة لا تستغرق وقتًا طويلاً على الإطلاق.

<https://www.flexischools.com.au> / قائمة المقصف - <https://bit.ly/3G0IG8h>

إجراءات للأطفال

1. إذا كنت لا تطلب عبر الإنترنت ، فسيحضر الأطفال نقودهم وحقيبة الغداء إلى الفصل كل صباح (المقصف غير مفتوح في الساعة 8.30-9.00 صباحًا) ولا يمكن للآباء / مقدمي الرعاية دخول ساحات المدرسة).
2. من الساعة 9:00 إلى الساعة 9:30 صباحًا ، سيتم الإعلان عن كل صف لتسليم طلب المقصف الخاص بهم في المقصف (سيكون هناك موظف لمساعدة الأطفال الذين يحتاجون إلى المساعدة).
3. في الساعة 11.00-11.10 صباحًا ، سيتم جمع أوامر الغداء من قبل الموظفين وتوزيعها على الأطفال.
4. سيفتح المقصف أيضًا في استراحة بعد الظهر. في هذا الوقت ، سيطلب من الأطفال الاصطفاف في مجموعة الصفوف الخاصة بهم لشراء العناصر. بمجرد شراء العناصر ، يعود الأطفال إلى منطقتهم المخصصة لتناول الطعام واللعب.

سيعني هذا التغيير أنه إذا لم يطلب الأطفال غداءهم في الصباح (لتناول الطعام في الساعة 11.00-11.10 صباحًا) ، فلن تتاح لهم الفرصة لشراء أي وجبات خفيفة حتى الاستراحة 2. أي من 1.00 إلى 1.30 صباحًا - مقابل 3-6 الصفوف الدراسية و 1.40-2.10 مساءً لـ K-2. هذه التغييرات يومية وتحدث لضمان عدم اختلاط مجموعات الدرجات أثناء وقت اللعب.



- هل يجب أن أضع النقود الصحيحة في حقيبة طلب الغداء الخاصة بطفلي؟ نعم ، إنه مشجع.
- كيف أعرف ما إذا كان طفلي قد طلب غداءه في الصباح؟ لسوء الحظ ، لن تعرف لأنه لا يُسمح للبالغين بالتواجد في الموقع. الشيء المهم الذي يجب فعله هو التحدث مع طفلك حول ما يحتاج إلى القيام به.
- هل يمكن لطفلي شراء مواد غذائية عند الاستراحة 2؟ نعم ، ستتاح لجميع الأطفال فرصة شراء وجبات خفيفة بعد الظهر في استراحة 2.
- هل أوقات الراحة متشابهة لجميع الأطفال؟ لا ليسو كذلك. استراحات الغداء في مجمعة إلى قسمين ؛ لدينا مجموعات الصفوف K-2 ومجموعات الصف 3-6.

يرجى العمل معنا ونحن ننفذ هذه الإجراءات الجديدة في هذا الوقت.

تفضلوا بقبول فائق الاحترام،

Anthony Pitt

Anthony Pitt
Principal

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Made Fresh Canteen Menu



If Gluten Free food is required please order before 9am

BREAKFAST

☞ Plain milk	\$1.00
☞ Vegemite	\$1.50
☞ Jam or honey toast	\$1.50
☞ Hot chocolate	\$1.50
☞ Fresh cut veggie cup	\$1.50
☞ Toasted cheese sub	\$2.00
☞ Toasted cheese & lean ham sub	\$2.50
☞ Corn flakes bowl	\$2.50
☞ Pancakes x2 with honey	\$2.50
☞ Vanilla yoghurt (low fat)	\$2.50



SANDWICHES

☞ Vegemite or jam or honey toast	\$1.50
☞ Lean ham & cheese	\$3.50
☞ Fresh chicken	\$4.50
☞ Tuna, lettuce & mayo	\$4.50
☞ Lean ham, cheese & tomato	\$4.50
☞ Salad (lettuce, tomato, carrot, cucumber)	\$4.50



Extra fillings 0.50c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

WRAPS & ROLLS

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



HOT FOOD

☞ Corn cob	\$1.00
☞ Garlic bread (small)	\$1.00
☞ Garlic & cheese bread (small)	\$1.50
☞ Fresh chicken wings x1	\$1.80
☞ Cheese pizza sub	\$2.50
☞ Beef meatball sub with napolitana sauce/cheese	\$4.50
☞ Chicken meatball sub with napolitana sauce/cheese	\$4.50
☞ Plain grilled chicken souvlaki on a roll	\$4.50
☞ Plain grilled chicken souvlaki wrap	\$5.00
☞ Homemade pizza with cheese	\$5.00
☞ Homemade pizza with lean ham & cheese	\$5.50
☞ Homemade hawaiian pizza	\$5.50
☞ Beef lasagne (non halal)	\$5.50
☞ Vegetarian lasagne	\$5.50
☞ Cheeseburger	\$5.50
☞ Aussie lean beef burger lettuce/tomato	\$5.50
☞ Chicken breast fillet burger lettuce & mayo	\$5.50



SALADS (All Salads served in 12oz Dome)

☞ Garden salad	\$4.50
☞ Tuna salad	\$5.00
☞ Cheese salad	\$5.00
☞ Lean ham salad	\$5.00
☞ Caesar salad	\$5.00
☞ Fresh chicken breast salad	\$5.00
☞ Fresh chicken breast pasta salad	\$5.00
☞ Fresh chicken avocado salad	\$5.00
☞ Greek salad	\$5.00
☞ Fresh chicken Caesar salad	\$5.00



FRESH FRUIT & YOGHURT

☞ Whole fresh fruit each	\$1.50
☞ Fresh cut veggie cup	\$1.50
☞ Fresh grapes cup (seasonal)	\$2.00
☞ Fresh cut watermelon cup	\$2.00
☞ Fresh diced fruit cup	\$2.50
☞ Vanilla yoghurt (low fat)	\$2.50
☞ Yoghurt with fruit or muesli cup	\$3.00
☞ Watermelon pieces in a bowl (12oz)	\$4.00
☞ Seasonal fresh fruit salad bowl (12oz)	\$4.50
☞ Fresh fruit salad with yoghurt bowl (12oz)	\$5.00



HOMEMADE MENU

Australian, European, Asian & Mexican Meals

☞ AVAILABLE	Pasta bolognaise	\$5.00
☞ EVERY DAY	Mac & cheese	\$5.00
☞	Chicken napolitana pasta	\$5.00
☞	Pasta with beef meatballs	\$5.00
☞	Pasta with chicken meatballs	\$5.00
☞ Monday	Veggie fried rice	\$5.00
☞ Tuesday	Mexican chicken burrito skillet & rice	\$5.00
☞ Wednesday	Teriyaki chicken stir fry & steamed rice	\$5.00
☞ Thursday	Thai red curry chicken, vegetables & rice	\$5.00
☞ Friday	Chicken hokkien noodles	\$5.00

Gluten Free options available extra \$1.00



SNACKS & FROZEN TREATS

☞ Plain or frozen 99% juice small cup	50c
☞ Plain or frozen 99% juice-jelly small cup	80c
☞ Custard small cup	80c
☞ Quelch 99% fruit juice sticks	\$1.00
☞ Plain or frozen 99% juice cup	\$1.00
☞ Frozen plain milk cup	\$1.00
☞ Bread sticks x 4	\$1.00
☞ Plain or frozen 99% juice-jelly cup	\$1.30
☞ Frozen jelly cup	\$1.30
☞ Frozen orange or mandarin wedges cup	\$1.50
☞ Custard cup	\$1.50
☞ Chocolate custard cup	\$2.00
☞ Frozen lite milk cup (chocolate, strawberry)	\$1.80
☞ Frozen nippy's 99% juice cup	\$2.00
☞ Ice many freeze pops	\$2.00
☞ Frozen grapes cup	\$2.00
☞ Frozen watermelon cup	\$2.00



VEGGIE & OTHER SNACK PACKS

☞ Veggie cup with hommus	\$2.50
☞ Veggie dome (carrots, celery, corn, tomatoes, bread sticks)	\$4.00
☞ Veggie dome with cheese cubes & bread sticks	\$4.50
☞ Veggie dome with fresh chicken breast & bread sticks	\$5.00

CRUNCH N SIP PACKS

☞ Fresh piece of fruit & water 400ml	\$2.50
☞ Fresh orange/apple wedges & water 400ml	\$3.00
☞ Fresh cut veggie cup & water 400ml	\$3.00
☞ Fresh diced fruit cup & water 400ml	\$3.50

SUSHI

☞ Tuna	\$4.50
☞ Veggie	\$4.50
☞ Teriyaki chicken	\$4.50





Thứ sáu ngày 22 tháng 10 năm 2021

TRƯỜNG CANTEEN

Kính gửi các bậc cha mẹ / người chăm sóc,

Từ Thứ Hai ngày 25 tháng 10 năm 2021, căng tin của trường sẽ mở cửa trở lại. Đây là một tin tuyệt vời cho sinh viên của chúng tôi, tuy nhiên, một số thay đổi sẽ xảy ra để đảm bảo chúng tôi đang tuân thủ các quy trình COVID-An toàn.

Thay đổi quan trọng nhất là đặt hàng giờ ăn trưa và giờ hoạt động. Chúng tôi khuyến khích các gia đình đặt bữa trưa trực tuyến, tức là bữa trưa được ăn lúc 11 giờ 11 giờ 10 sáng. Nó thực sự là một quá trình đơn giản mà bạn không mất nhiều thời gian.

<https://www.flexischools.com.au/> Thực đơn căng tin - <https://bit.ly/3G0IG8h>

Thủ tục cho trẻ em

1. Nếu bạn không đặt hàng trực tuyến, trẻ em sẽ mang tiền và túi ăn trưa đến lớp mỗi sáng (căng tin không mở cửa lúc 8h30-9h sáng) và phụ huynh / người chăm sóc không được vào sân trường).
2. Từ 9g00-9g30 sáng, mỗi khối lớp sẽ có thông báo về việc nghỉ học tại căng tin (sẽ có nhân viên túc trực để hỗ trợ bất kỳ trẻ nào cần giúp đỡ).
3. Vào lúc 11 giờ - 11 giờ 10 sáng, nhân viên sẽ nhận đơn đặt cơm trưa và phát cho các em.
4. Căng tin cũng sẽ mở cửa vào giờ nghỉ buổi chiều. Lúc này, trẻ sẽ được yêu cầu xếp hàng trong nhóm lớp của mình để mua đồ. Sau khi mua xong các món đồ, trẻ em quay trở lại khu vực dành riêng để ăn và chơi.

Thay đổi này sẽ có nghĩa là nếu trẻ không đặt bữa trưa vào buổi sáng (ăn lúc 11 giờ 11 giờ 10 phút sáng), trẻ sẽ không có cơ hội mua bất kỳ món ăn nhẹ nào cho đến Giờ nghỉ thứ 2. Tức là từ 1 giờ đến 1 giờ 30 sáng - cho 3-6. lớp học và 1,40-2,10 giờ chiều cho K-2. Những thay đổi này diễn ra hàng ngày để đảm bảo các nhóm lớp không bị trộn lẫn trong thời gian chơi.

Thêm thông tin

- **Tôi có nên bỏ đúng số tiền vào túi đồ ăn trưa của con tôi không?** Có, nó được khuyến khích.
- **Làm cách nào để biết con tôi đã đặt bữa trưa vào buổi sáng?** Thật không may, bạn sẽ không biết vì không có người lớn nào được phép vào trong khuôn viên. Điều quan trọng cần làm là nói chuyện với con bạn về những gì chúng cần làm.
- **Con tôi có thể mua đồ ăn tại Giờ nghỉ 2 không?** Có, tất cả trẻ em sẽ có cơ hội mua đồ ăn nhẹ buổi chiều tại Giờ nghỉ 2.
- **Thời gian nghỉ giải lao có giống nhau đối với tất cả trẻ em không?** Không họ không. Nghỉ trưa tại nhóm thành hai; chúng tôi có các nhóm lớp K-2 và nhóm lớp 3-6.

Vui lòng làm việc với chúng tôi khi chúng tôi triển khai các thủ tục mới này vào lúc này.

Trân trọng,

Anthony Pitt
Principal

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Made Fresh Canteen Menu



If Gluten Free food is required please order before 9am

BREAKFAST

Plain milk	\$1.00
Vegemite	\$1.50
Jam or honey toast	\$1.50
Hot chocolate	\$1.50
Fresh cut veggie cup	\$1.50
Toasted cheese sub	\$2.00
Toasted cheese & lean ham sub	\$2.50
Corn flakes bowl	\$2.50
Pancakes x2 with honey	\$2.50
Vanilla yoghurt (low fat)	\$2.50



SANDWICHES

Vegemite or jam or honey toast	\$1.50
Lean ham & cheese	\$3.50
Fresh chicken	\$4.50
Tuna, lettuce & mayo	\$4.50
Lean ham, cheese & tomato	\$4.50
Salad (lettuce, tomato, carrot, cucumber)	\$4.50



WRAPS & ROLLS

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



Extra fillings 0.50c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

HOT FOOD

Corn cob	\$1.00
Garlic bread (small)	\$1.00
Garlic & cheese bread (small)	\$1.50
Fresh chicken wings x1	\$1.80
Cheese pizza sub	\$2.50
Beef meatball sub with napolitana sauce/cheese	\$4.50
Chicken meatball sub with napolitana sauce/cheese	\$4.50
Plain grilled chicken souvlaki on a roll	\$4.50
Plain grilled chicken souvlaki wrap	\$5.00
Homemade pizza with cheese	\$5.00
Homemade pizza with lean ham & cheese	\$5.50
Homemade hawaiian pizza	\$5.50
Beef lasagne (non halal)	\$5.50
Vegetarian lasagne	\$5.50
Cheeseburger	\$5.50
Aussie lean beef burger lettuce/tomato	\$5.50
Chicken breast fillet burger lettuce & mayo	\$5.50



SALADS (All Salads served in 12oz Dome)

Garden salad	\$4.50
Tuna salad	\$5.00
Cheese salad	\$5.00
Lean ham salad	\$5.00
Caesar salad	\$5.00
Fresh chicken breast salad	\$5.00
Fresh chicken breast pasta salad	\$5.00
Fresh chicken avocado salad	\$5.00
Greek salad	\$5.00
Fresh chicken Caesar salad	\$5.00



FRESH FRUIT & YOGHURT

Whole fresh fruit each	\$1.50
Fresh cut veggie cup	\$1.50
Fresh grapes cup (seasonal)	\$2.00
Fresh cut watermelon cup	\$2.00
Fresh diced fruit cup	\$2.50
Vanilla yoghurt (low fat)	\$2.50
Yoghurt with fruit or muesli cup	\$3.00
Watermelon pieces in a bowl (12oz)	\$4.00
Seasonal fresh fruit salad bowl (12oz)	\$4.50
Fresh fruit salad with yoghurt bowl (12oz)	\$5.00



HOMEMADE MENU

Australian, European, Asian & Mexican Meals

AVAILABLE EVERY DAY	Pasta bolognaise	\$5.00
	Mac & cheese	\$5.00
	Chicken napolitana pasta	\$5.00
	Pasta with beef meatballs	\$5.00
	Pasta with chicken meatballs	\$5.00
Monday	Veggie fried rice	\$5.00
Tuesday	Mexican chicken burrito skillet & rice	\$5.00
Wednesday	Teriyaki chicken stir fry & steamed rice	\$5.00
Thursday	Thai red curry chicken, vegetables & rice	\$5.00
Friday	Chicken hokkien noodles	\$5.00

Gluten Free options available extra \$1.00

SNACKS & FROZEN TREATS

Plain or frozen 99% juice small cup	50c
Plain or frozen 99% juice-jelly small cup	80c
Custard small cup	80c
Quelch 99% fruit juice sticks	\$1.00
Plain or frozen 99% juice cup	\$1.00
Frozen plain milk cup	\$1.00
Bread sticks x4	\$1.00
Plain or frozen 99% juice-jelly cup	\$1.30
Frozen jelly cup	\$1.30
Frozen orange or mandarin wedges cup	\$1.50
Custard cup	\$1.50
Chocolate custard cup	\$2.00
Frozen lite milk cup (chocolate, strawberry)	\$1.80
Frozen nippy's 99% juice cup	\$2.00
Ice many freeze pops	\$2.00
Frozen grapes cup	\$2.00
Frozen watermelon cup	\$2.00



VEGGIE & OTHER SNACK PACKS

Veggie cup with hommus	\$2.50
Veggie dome (carrots, celery, corn, tomatoes, bread sticks)	\$4.00
Veggie dome with cheese cubes & bread sticks	\$4.50
Veggie dome with fresh chicken breast & bread sticks	\$5.00

CRUNCH N SIP PACKS

Fresh piece of fruit & water 400ml	\$2.50
Fresh orange/apple wedges & water 400ml	\$3.00
Fresh cut veggie cup & water 400ml	\$3.00
Fresh diced fruit cup & water 400ml	\$3.50

SUSHI

Tuna	\$4.50
Veggie	\$4.50
Teriyaki chicken	\$4.50



DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

PACK 1	CHEESE SANDWICH	\$3.50
	Water 400ml + frozen stick or fruit	
PACK 2	SALAD SANDWICH	\$5.50
	Water 400ml + frozen stick or fruit	
PACK 3	MEATBALL SUB	\$6.00
	Water 400ml + frozen stick or fruit	
PACK 4	PASTA BOLOGNAISE	\$6.00
	Water 400ml + frozen stick or fruit	
PACK 5	CHICKEN/CHEESE ROLL	\$6.50
	Water 400ml + frozen stick or fruit	
PACK 6	LASAGNE beef or vegetarian	\$7.00
	Water 400ml + frozen stick or fruit	

MILK - JUICES - DRINKS

Water 400ml	\$1.80
Water 600ml	\$2.50
Milk 300ml (plain)	\$2.50
Popper 99% juice 250ml	\$2.50
UP & GO 250ml	\$3.00
Light milk 300ml	\$3.30



We have all types of bread: White, Wholemeal or Multigrain, Wraps, White Roll or Focaccia

Gluten Free Bread extra \$1.00 Gluten Free Tortilla extra \$1.00 Gluten Free Focaccia extra \$2.00

Upsize Salad, Fruit Salad to 200z extra \$1.50 Extra Sauce or Cutlery each 30c

OCCASIONAL ITEMS AVAILABLE

HOT FOOD

Hash brown	\$1.30
Chicken & corn roll	\$1.80
Potato gems x10	\$2.00
Potato wedges (bag 100g)	\$2.50
Nachos with salsa & cheese	\$3.50
Noodles cup	\$3.80
Beef or chicken hot dog (one free sauce)	\$4.00
Chicken nuggets (5 pieces)	\$4.00
Chicken Goujonettes (4 pieces)	\$4.00
Sausage roll (one free sauce)	\$4.80
Meat pie (one free sauce)	\$5.50
Chicken burger	\$5.50
Fillet-O-Fish burger with lettuce & mayo	\$6.00



SNACKS & DRINKS

Homemade cookies x1 (freshly made daily)	50c
Gummy bear x3	\$1.00
Popcorn	\$1.00
Monster chicken noodle snacks	\$1.30
Monster bbq noodle snacks	\$1.30
Rice sticks cheese	\$2.00
Jelly cup	\$1.30
Jelly & custard cup	\$2.00
Homemade fresh muffins (freshly made daily)	\$1.50
Vanilla ice cream cup	\$2.00
Delites rice snacks 20g	\$2.00
Grain waves 22g	\$2.50
Red rock deli chips 28g	\$2.50



OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS