



# Made Fresh Canteen Menu



**If Gluten Free food is required please order before 9am**

## BREAKFAST

	Plain milk	\$1.00
	Vegetite	\$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

	Vegetite 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



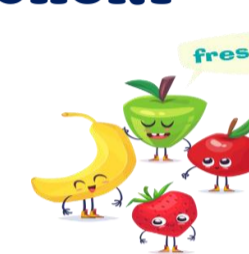
## SALADS (All Salads served in 12oz Dome)

	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

	<b>AVAILABLE EVERY DAY</b>	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 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 cticks	\$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	<b>CHEESE SANDWICH</b>	\$3.50
		Water 400ml + frozen stick or fruit	
	PACK 2	<b>SALAD SANDWICH</b>	\$5.50
		Water 400ml + frozen stick or fruit	
	PACK 3	<b>MEATBALL SUB</b>	\$6.00
		Water 400ml + frozen stick or fruit	
	PACK 4	<b>PASTA BOLOGNAISE</b>	\$6.00
		Water 400ml + frozen stick or fruit	
	PACK 5	<b>CHICKEN/CHEESE ROLL</b>	\$6.50
		Water 400ml + frozen stick or fruit	
	PACK 6	<b>LASAGNE</b> 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 20OZ 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**