

# Fresh Start Canteens Menu

## Snacks and Drinks

Homemade Fresh Muffins \$1.50  
Popcorn \$1  
Noodles **OR** Rice Crackers \$1.50  
Red Rock Deli Chips \$2.50

Quelch Stick \$1  
Juice Cup \$1.50  
Snap Stix \$1.50  
Ice Mony \$1.50  
Juicee Tube \$2  
Juicee Ice block \$2.50  
Paddle Pop **OR** Moosie \$2.50

Ice blocks are not put in lunch bags and must be collected from canteen

Juice Poppers \$2  
Water 350ml \$1.50  
Water 600ml \$2  
Oak Flavoured Milk \$3  
Up & Go \$3  
Chill J \$3

## Breaky and Snacks

Hash Brown \$1.50  
Hot Chocolate \$1.50  
Pancakes \$2.50  
Breakfast Pot \$2 (Choice of baked beans  
OR Spaghetti with toast)  
Cheese Toasted Sandwich \$2.50  
Assorted Seasonal Fruit from \$1.50  
Watermelon Cup \$2.50  
Fruit Salad Cup \$2.50  
Fruit Salad Bowl \$4.00



# Breakfast & Lunch

## Lunch Pack Combos

**Pack 1:** Spaghetti, Garlic Bread and Water \$7

**Pack 2:** Curry Chicken, Fried Rice OR Spaghetti and Water **OR** Popper \$6.50

**Pack 3:** Salad Wrap, Water and Fruit \$7

**Pack 4:** Chicken Burger and Water \$6.50

**Pack 5:** Regular Garden Salad, Water and Seasonal Fruit \$6





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## Fresh Salads

### Garden Salad

(Lettuce, Tomato, Carrot, Cucumber)  
Regular \$3.50 w/ Meat \$5  
Large \$5 w/Meat \$7

### Caesar Salad

(Lettuce, Ham, Croutons, Cheese and Dressing)

### Baby Spinach Salad

(Baby Spinach, Tomato, Olives, Cucumber, Cheese)

### Vegetarian Salad

(Mixed Lettuce, Tomato, Onion, Cucumber, Corn, Drizzle of Vinaigrette)

### Pasta Salad

(Pasta, Tomato, Cheese, Corn, Onion in a Creamy Mayonnaise base)

Regular \$4.50 w/ Meat \$6  
Large \$6 w/ Meat \$8

Add a Water for \$1  
Free Dressing Choice of Italian, French or Caesar

## Fresh Subs

### Meats Available:

Chicken Schnitzel  
Chicken Breast  
Ham  
Tuna  
Italian Meatballs  
Roast Beef

### Condiments Available:

Carrot  
Cheese  
Onion  
Tomato  
Lettuce  
Cucumber  
Olives  
Beetroot

### Dressings Available:

Caesar  
Garlic Aioli  
Ranch  
Sweet Chilli  
Tomato  
BBQ  
Mayo  
Mustard

Build your own sub. Includes: 1 choice of meat and any condiments or dressings!  
**\$6.50**

Extra Meat is \$2 per serve

Add a Water for \$1

## Fresh Sandwiches and Wraps

Cheese **OR** Jam \$2  
Ham \$2.50  
Ham and Cheese \$3  
Roast Beef \$3  
Tuna, Lettuce and Mayo \$3.50  
Salad \$4  
Chicken, Lettuce and Mayo \$4  
Ham, Cheese and Tomato \$4  
Ham and Salad \$4.50  
Roast Beef and Salad \$4.50  
Tuna and Salad \$4.50  
Chicken and Salad \$5

Prices above are for a sandwich.  
Upgrade to a Wrap for an extra \$1.50

## Hot Meal Options

Homemade Sausage Roll \$3.50  
Wedges \$3.50  
Noodle Cup (Chicken) \$3.50  
*Noodle cups are to be collected from canteen*  
Hot Dog \$3.50  
Nuggets 6 for \$4  
Gluten Free Nuggets 6 for \$4.50  
Spaghetti Bolognese \$4.50  
Lean Meat Pie \$4.50  
Fried Rice \$4.50  
Lasagne \$5  
Meatball Pasta \$5  
Mac N Cheese \$4.50  
Butter Chicken & Rice \$5  
Curried Chicken Pasta \$5  
Beef Burger w/Cheese \$5  
Chicken Fillet Burger \$5  
Sweet Chilli Chicken Wrap \$5  
Loaded Beef Burger w/Salad \$6

### Pizza THURSDAY ONLY

Cheese \$3.80  
Zaatar \$3.80  
Ham and Cheese \$4.50  
Pepperoni & Cheese \$4.50

Sauce portions are 40c each.



*“Choose Green  
in the Canteen”*