



# 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	☺ GF V	\$2.00
☺ Fresh cut veggie cup	☺ GF V LF	\$2.00
☺ Vegemite toast	☺ GFA V LF	\$2.00
☺ Jam or honey toast	☺ GFA V LF	\$2.00
☺ Hot chocolate	☺ V	\$2.50
☺ Corn flakes cup	☺ V	\$2.50
☺ Pancakes x 2 with honey	☺ V	\$3.00
☺ Cheese toastie	☺ GF V	\$3.50
☺ Cheese & lean ham toastie	☺ GFA	\$4.50
☺ Vanilla yoghurt (low fat)	☺ GF V	\$3.00



## SANDWICHES

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



## WRAPS

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



## HOT FOOD

☺ Corn cob	☺ GF V LF	\$1.50
☺ Hash brown	☺ V	\$2.00
☺ Chicken & corn roll		\$2.50
☺ Fresh chicken wings x 1	☺ GF LF	\$3.00
☺ Potato gems x 10	☺ V	\$3.00
☺ Potato wedges (bag 100g)	☺ V	\$3.00
☺ Noodle cup chicken		\$4.50
☺ Noodle cup beef		\$4.50
☺ Beef or chicken hot dog		\$4.50
☺ Chicken nuggets (5 pieces)		\$5.00
☺ Chicken goujonettes (4 pieces)		\$5.00
☺ Garlic bread (small)	☺ V	\$1.50
☺ Garlic & cheese bread (small)	☺ V	\$2.00
☺ Cheese pizza sub	☺ V	\$3.00
☺ Homemade pizza with cheese	☺ V	\$6.00
☺ Homemade pizza with lean ham & cheese		\$6.50
☺ Homemade hawaiian pizza		\$6.50
☺ Nachos with salsa & cheese (small)	☺ V	\$4.00
☺ Sausage roll		\$5.50
☺ Meat pie		\$6.00
☺ Potato or curry pie		\$6.50
☺ Beef lasagne		\$6.50
☺ Vegetarian lasagne	☺ V	\$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	☺ LF	\$5.50
☺ Grilled chicken souvlaki wrap	☺ LF	\$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	☺ LF	\$6.50
☺ Fillet-O-Fish burger with lettuce & mayo		\$6.50



## FRESH FRUIT & YOGHURT

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



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

☺ Garden salad	☺ GF V LF	\$5.00
☺ Cheese salad	☺ GF V	\$6.00
☺ Lean ham salad	☺ GF LF	\$6.00
☺ Tuna salad	☺ GF V LF	\$6.00
☺ Greek salad	☺ GF V	\$6.00
☺ Fresh chicken breast salad	☺ GFA LF	\$6.00
☺ Fresh chicken avocado salad	☺ GF LF	\$6.00
☺ Caesar salad (No chicken)	☺ GFA	\$6.00
☺ Fresh chicken caesar salad	☺ GFA	\$6.00
☺ Fresh chicken breast pasta salad		\$6.00



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

## SUSHI

☺ Veggie	☺ GF V LF	\$5.50
☺ Tuna	☺ GF LF	\$5.50
☺ Beef	☺ GF LF	\$5.50
☺ Teriyaki chicken	☺ GF LF	\$5.50



## VEGGIE & OTHER SNACK PACKS

☺ Veggie cup with hommus	☺ GF V LF	\$3.00
☺ Veggie bowl (carrots,celery,corn,tomatoes,bread stick	☺ V LF	\$4.50
☺ Veggie bowl with cheese cubes & bread sticks	☺ V	\$5.00
☺ Veggie bowl with fresh chicken breast & bread sticks	☺ LF	\$5.50

## CRUNCH N SIP PACKS

☺ Fresh piece of fruit & water 400ml	☺ GF V LF	\$3.00
☺ Fresh orange or mandarin wedges & water 400ml	☺ GF V LF	\$3.50
☺ Freshly cut veggie cup & water 400ml	☺ GF V LF	\$3.50
☺ Fresh diced fruit cup & water 400ml	☺ GF V LF	\$4.00

## DAZZLING MEAL DEALS...

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

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

## HOMEMADE MENU

### AVAILABLE EVERY DAY

☺ Pasta bolognaise	☺ GFA LF	\$6.00
☺ Mac & cheese	☺ V	\$6.00
☺ Pasta with meatballs	☺ GFA	\$6.00



☺ Monday	Veggie fried rice	☺ GF V LF	\$6.00
☺ Tuesday	Chicken napolitana pasta	☺ GFA LF	\$6.00
☺ Wednesday	Butter chicken & rice		\$6.00
☺ Thursday	Napolitana pasta	☺ GFA V LF	\$6.00
☺ Friday	Chicken hokkien noodles		\$6.00

Gluten Free options available extra \$1.50

## SNACKS & FROZEN ITEMS

☺ Bread sticks x 4	☺ V LF	\$2.00
☺ Homemade cookies x 1 (made fresh daily)	☺ V	\$1.30
☺ Homemade fresh muffins (made fresh daily)	☺ V	\$2.00
☺ Gummy bear x 3		\$1.00
☺ Popcorn	☺ GF V LF	\$1.50
☺ Monster noodle snacks		\$2.00
☺ Rice sticks cheese	☺ V	\$2.50
☺ Delites rice snacks 20g	☺ GF V	\$2.50
☺ Grain waves 22g	☺ V	\$3.00
☺ Red rock deli chips 28g	☺ GF V	\$2.80
☺ Quelch 99% fruit juice sticks	☺ V LF	\$1.00
☺ Sour snap stix	☺ GF V LF	\$2.00
☺ Frozen orange or mandarin wedges cup	☺ GF V LF	\$2.50
☺ Frozen grapes cup	☺ GF V LF	\$3.00
☺ Frozen watermelon cup	☺ GF V LF	\$3.00
☺ Frozen 99% juice small cup	☺ GF V LF	\$1.00
☺ Frozen 99% juice cup	☺ GF V LF	\$2.00
☺ 99% frozen nippy's juice cup	☺ GF V LF	\$2.50
☺ Frozen plain milk cup	☺ V	\$2.00
☺ Frozen milk cup (chocolate, strawberry)	☺ V	\$2.50
☺ Frozen jelly small cup	☺ LF	\$1.00
☺ Frozen jelly cup	☺ LF	\$2.00
☺ Ice many freeze pops	☺ V	\$2.50
☺ Vanilla ice cream cup (98% fat free)	☺ GF V	\$3.50
☺ Custard small cup		\$1.50
☺ Custard cup		\$2.50
☺ Jelly & custard cup		\$3.00
☺ Chocolate custard cup		\$3.00



## MILK - JUICES - DRINKS

☺ Water 400ml	☺ GF V LF	\$2.00
☺ Water 600ml	☺ GF V LF	\$2.50
☺ Popper 99% juice 250ml	☺ V LF	\$2.80
☺ Milk 300ml (plain)	☺ GF V	\$3.00
☺ UP & GO 250ml	☺ V	\$3.30
☺ Light milk 300ml	☺ GF V	\$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 each 50c

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS