



**BON APPETIT CATERING**

*canteen  
menu*



# Breakfast

## **Toasted Sandwiches or Open Grill Melts:**

Cheese.....	\$3.50
Cheese & Tomato.....	\$4.00
Ham, Cheese, Tomato.....	\$5.00
Oregano Pizza (Manoush).....	\$5.00
Meat Pizza .....	\$6.50
Cheese Pizza .....	\$6.50

## **Croissants (Fresh or Toasted):**

Plain.....	\$4.00
Cheese.....	\$4.50
Ham & Cheese.....	\$5.00
Extra toppings 50c (tomato, cheese, ham)	

## **Other Breakfast Items:**

Fresh Fruit Salad.....	\$5.00
Seasonal fresh fruit topped with berries	
Raisin Toast.....	\$3.00
2 slices of toasted fruit loaf	
Bacon and Egg Burger.....	\$5.50
Crispy middle eye bacon with free range egg, BBQ sauce in a fresh roll	
Yoghurt & Muesli Bowl.....	\$5.00
Healthy start to the day, smooth and creamy yoghurt topped with granola	
Baked Hash Brown.....	\$2.00
Baked golden potato hash brown	
Seasonal Fresh Fruit Pieces.....	\$1.00
Cereal Box.....	\$3.00
Assorted cereals available with skim milk	
Assorted Bakery selection - Muffins, Banana Bread.....	From \$3.00
Chia Seed Pudding (GF) (V) (DF).....	\$5.00
SnackPacks.....	\$5.00
Cheese, crackers, celery, carrots, hummus	

## **Breakfast Specials**

Fresh Croissant & Hot Chocolate.....	\$6.50
Raisin Toast & Hot Chocolate.....	\$6.00
Banana Bread & Hot Chocolate.....	\$7.50

*\*Hot chocolate can be substituted for Oak milk, water bottle or juice*

# Sandwiches



**Pre order available for gluten free (extra 50c)**

<b>Cheese and Salad Sandwich</b> .....	<b>\$5.00</b>
Tasty cheese, tomato, lettuce, cucumber, carrot & beetroot	
<b>Chicken Sandwich</b> .....	<b>\$5.50</b>
Grilled chicken breast, lettuce & mayo	
<b>Ham &amp; Cheese Sandwich</b> .....	<b>\$5.00</b>
Tasty cheese, light ham, tomato & lettuce	
<b>Turkey Cranberry Sandwich</b> .....	<b>\$5.00</b>
Turkey breast slices, cranberry sauce, tasty cheese & lettuce	
<b>Tuna Sandwich</b> .....	<b>\$5.00</b>
Tuna, lettuce & mayo	
<b>Curried Egg Sandwich</b> .....	<b>\$5.00</b>
Free range egg, curry mayo & lettuce	
<b>Salami Sandwich</b> .....	<b>\$5.00</b>
Cheese, tomato, lettuce	

# Wraps

**Pre order available for gluten free (extra \$1.00)**

<b>Middle Eastern Falafel Wrap</b> .....	<b>\$6.50</b>
Veggie chickpea patty, hummus, tomato, lettuce & pickles	
<b>Gourmet Chicken Salad Wrap</b> .....	<b>\$6.50</b>
Grilled chicken breast, tomato, cucumber, carrot, lettuce & aioli	
<b>Chicken Avocado Wrap</b> .....	<b>\$6.50</b>
Chicken breast tender, avocado, tomato, lettuce & mayo	
<b>Lebanese Kafta Wrap</b> .....	<b>\$6.50</b>
Marinated lean mince kafta, lettuce, tomato & hummus	
<b>Tuna Salad Wrap</b> .....	<b>\$6.50</b>
Tuna, lettuce, tomato, carrot, cucumber, pepper & mayo	
<b>Turkey Cranberry Wrap</b> .....	<b>\$6.00</b>
Turkey breast, cranberry, cheese, lettuce & tomato	
<b>Cheese and Salad Wrap</b> .....	<b>\$6.50</b>
Tasty cheese, lettuce, tomato, beetroot, carrot & cucumber	
<b>Caesar Wrap</b> .....	<b>\$6.50</b>
Grilled chicken, bacon, cos lettuce, parmesan, caesar dressing	





# Fresh Rolls Focaccias & Bagels



**Pre order available for gluten free (extra \$1.00)**

<b>Sweet Chilli Chicken Roll</b> .....	<b>\$7.50</b>
Chicken, cheese, avocado, tomato, mixed lettuce, mayo, sweet chilli	
<b>Chicken Tabouli Hummous Roll</b> .....	<b>\$7.50</b>
<b>Chicken Caesar Roll</b> .....	<b>\$7.50</b>
Chicken, cheese, bacon, caesar dressing	
<b>Vietnamese Roll</b> .....	<b>\$7.50</b>
Shredded chicken, lettuce, shredded carrot, julienne cucumber, spanish onion corriander, soy sauce or sweet chilli	
<b>Cheese &amp; Salad Roll (V)</b> .....	<b>\$7.00</b>
Cheese, tomato, beetroot, cucumber, carrot, lettuce	
<b>Antipasto Focaccia (V)</b> .....	<b>\$8.00</b>
Cheese, eggplant, roasted capsicum, sundried tomato, olives	
<b>Turkey Focaccia</b> .....	<b>\$7.50</b>
Cheese, cranberry, tomato, rocket	
<b>Melted Cheese Bagel (V)</b> .....	<b>\$6.00</b>
Tuna, lettuce & mayo oregano	
<b>Smoked Salmon Bagel (V)</b> .....	<b>\$8.00</b>
Smoked salmon, cream cheese, chives	
<b>Ham &amp; Cheese Bagel</b> .....	<b>\$7.50</b>
Ham, cheese, pickled sauce, tomato, mixed lettuce	



# Salads

**Selection of salads will be available daily**

- Falafel Salad (V) (GF)**.....(L) \$7.00 (S) \$5.00  
Lettuce, tunips, pickles, tomato, falafel, hommus
- Mediterranean Tabouleh (V) (DF)**..... \$6.00  
Continental parsley with tomato, onion, burghal (cracked wheat) with lemon citrus dressing
- Israeli Cous Cous (V)**.....\$5.50  
Pearl cous cous, roast pumpkin, sultanas with fresh vegetables in Israeli style dressing
- Chicken Caesar Salad**.....(L) \$7.00 (S) \$5.00  
Cos lettuce, shaved parmesan, egg & croutons
- Thai Beef Salad (GF)**.....(L) \$7.00 (S) \$5.50  
Vermicelli noodles with marinated Thai beef, crisp vegetables, fresh herbs, coriander dressing
- Greek Salad (GF) (DF)**.....(L) \$6.50 (S) \$5.50  
Mixed leaf lettuce, tomato, cucumber, olive, feta
- Italian Penne (V)**.....\$5.50  
Penne pasta, roasted eggplant, sundried tomato, shallots, feta cheese in red pesto dressing
- Creamy Pasta (V)**.....\$5.50  
Elbow pasta with fresh crunchy vegetables in a sweet creamy mayonnaise
- Kipfler Potato, Bacon & Shallots (GF) (DF)**.....\$5.00  
Lemon citrus dressing
- Chicken Basil Penne**.....\$5.50  
Penne, chicken, celery, sundried tomato, parsley in creamy basil sauce





# Hot Food

ALWAYS BAKED NOT FRIED

<b>Fish Burger (V)</b> .....	<b>\$6.00</b>
Baked fish fillet, lettuce, cheese & tartar sauce	
<b>Chicken Breast Burger</b> .....	<b>\$5.50</b>
Coated breast fillet, lettuce & mayo	
<b>Spicy Chicken Burger</b> .....	<b>\$6.00</b>
Coated breast fillet, lettuce & mayo, tomato, chilli sauce	
<b>Beef Burger</b> .....	<b>\$6.50</b>
Gourmet lean beef patty, lettuce, tomato, onion, beetroot, BBQ sauce	
<b>Cheese Burger</b> .....	<b>\$5.50</b>
Gourmet lean beef patty, cheese, tomato sauce	
<b>Gourmet Sausage Roll</b> .....	<b>\$5.00</b>
Premium quality mince, with shredded carrot, onion & herbs in a flaky pastry	
<b>Gourmet Lean Beef Beef pie</b> .....	<b>\$5.00 (GF) \$7.00</b>
Premium quality minced steak in a delicious flaky pastry	
<b>Gourmet Spinach &amp; Feta Roll (V)</b> .....	<b>\$5.50</b>
English spinach & crumbed Greek feta in golden flaky pastry	
<b>Greek Chicken Souvlaki</b> .....	<b>\$4.00</b>
Nicely marinated skinless chicken with fresh herbs	
<b>Home Made Pizza (V)</b> .....	<b>From \$4.00</b>
Fresh ingredients available in vegetarian or ham & pineapple	
<b>(Winter) Organic Soups with Warm Roll (V) (GF)</b> .....	<b>\$4.50</b>
Seasonal selection available - pumpkin, chicken, vegetable soup	
<b>Fish Snack Pack (V)</b> .....	<b>\$6.00</b>
Baked fish portions with garden salad and lemon	

**\*ADDITIONAL HOT FOOD SPECIALS AVAILABLE DAILY**

**\$2 DOLLAR DEAL**

**Garlic bread - Baked hash brown - Mini beef pie - Corn cob - Mini sausage roll**



# Hot Cups

**Always Baked not Fried!**

Chicken Breast Nuggets.....	\$4.50
Chicken Goujons.....	\$5.00
Popcorn Chicken.....	\$5.00
Oven Baked Wedges (V) (GF) (DF).....	\$4.50
Spring Rolls (V).....	\$4.50
Oven Baked Oven Chips (V) (GF) (DF).....	\$4.50
Corn Kernals (V) (GF) (DF).....	\$4.00
Noodle Cups (DF).....	\$4.00
Spicy Wings.....	\$5.50





# Daily Specials

**We have over 50 seasonal specials that continually change to cater for staff and students, all made fresh on site.**



<b>Butter Chicken with Rice (GF)</b> .....	<b>\$6.50</b>
Very flavourful Indian butter chicken, mild curry served with basmati rice	
<b>Fresh Sushi Roll (V) (GF) (DF)</b> .....	<b>\$5.00</b>
Available in chicken teriyaki, beef, salmon, tuna and vegetarian	
<b>Rice Paper Roll (V) (GF) (DF)</b> .....	<b>\$5.00</b>
<b>Beef or Vegetable Lasagne</b> .....	<b>\$5.50</b>
Lean beef, fresh vegetables cooked in traditional red sauce, baked between layers of pasta sheets & topped with light mozzarella - available in vegetarian	
<b>Hokkien Noodles</b> .....	<b>\$6.00</b>
Asian vegetables cooked in a garlic, ginger and soy sauce	
<b>Nachos</b> .....	<b>(L) \$6.50 (S) \$5.00</b>
Corn crisps, topped with Lean beef, bean salsa and melted cheese	
<b>Toasted Beef/Chicken Wrap</b> .....	<b>\$7.00</b>
Premium marinated beef strips, cheese, lettuce BBQ sauce in Lebanese bread	
<b>Baked Kafta &amp; Potato with Jasmin Rice</b> .....	<b>\$5.00</b>
Kafta patties topped with potatoes and tomatoes	
<b>Chicken Pasta Bake (GF)</b> .....	<b>(L) \$6.50 (S) \$5.00</b>
Shredded chicken, penne pasta with rose sauce	
<b>Potato Bake (GF)</b> .....	<b>(L) \$6.50 (S) \$5.00</b>
Potato and mushroom with white creamy sauce	
<b>Sweet and Sour Chicken with Rice</b> .....	<b>(L) \$6.50 (S) \$5.00</b>
<b>Chicken Teriyaki with Rice</b> .....	<b>(L) \$6.50 (S) \$5.00</b>
<b>Lebanese style Chicken and Rice (GF)</b> .....	<b>\$5.00</b>
Marinated chicken breast with spiced rice & lamb mince	
<b>Belisimo Day "selection of homemade pastas"(V)</b> .....	<b>From \$6.00</b>
<ul style="list-style-type: none"><li>- Spinach ricotta ravioli in napoletana sauce</li><li>- Penne bolognese</li><li>- Fettuccini boscaiola</li></ul>	
<b>Beef Teriyaki</b> .....	<b>\$6.50</b>
Stir fry veggies cooked in a teriyaki	
<b>Variety Selection of Soups with Dinner Roll (Winter Special)</b> .....	<b>\$5.00</b>

**WITH EVERY SPECIAL GRAB A BOTTLE OF WATER FOR \$1.50**



# Snacks



<b>Fresh Fruit Salad</b> .....	<b>\$5.00</b>
<b>Yoghurt &amp; Muesli Bowl</b> .....	<b>\$5.00</b>
<b>Fresh Fruit Pieces</b> .....	<b>\$1.00</b>
<b>Home Made Rice Pudding</b> .....	<b>\$4.00</b>
<b>Light Assorted Muffins</b> .....	<b>\$3.00</b>
<b>Plain Koala Popcorn</b> .....	<b>\$2.00</b>
<b>Canteen Approved Chips</b> .....	<b>From \$2.50</b>
<b>Cheese &amp; Crackers</b> .....	<b>\$2.50</b>
<b>Vege Garden</b> .....	<b>\$2.50</b>
Carrot and celery sticks, cucumber slice and cherry tomato	
<b>Carrot Sticks with Hommus</b> .....	<b>\$2.50</b>
<b>Cucumber Sticks with Hommus</b> .....	<b>\$2.50</b>

# Beverages

<b>Bottled 600ml Water</b> .....	<b>\$2.50</b>
<b>Fresh Aloe Vera Water</b> .....	<b>\$4.50</b>
<b>Milk 300ml-Plain</b> .....	<b>\$2.50</b>
<b>Milk 300ml-Flavoured</b> .....	<b>\$3.00</b>
<b>Juice Box</b> .....	<b>\$2.50</b>
<b>Juice Bottle (100% juice)</b> .....	<b>\$4.50</b>
<b>Sugar free drinks</b> .....	<b>\$3.00</b>
<b>Ice Tea Lite</b> .....	<b>\$4.80</b>
<b>Up&amp;Go</b> .....	<b>\$3.00</b>
<b>Flavoured Mineral water</b> .....	<b>\$4.50</b>

