

SNACK DEAL

\$ 2.50

Choose One

Popper - Water - Plain Milk

Fruit Piece Or Popcorn

Add 50c Oak Flavoured Milk




EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - FRUITS - CUSTARD

SANDWICH & WRAPS	SANDWICH	WRAP	SALAD BOWLS	REG	LGE
VEGEMITE OR JAM VEG	\$ 2.00		GARDEN SALAD VEG	\$ 3.50	\$ 5.00
CHEESE VEG	\$ 2.00		LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
HAM	\$ 2.50		SWEET CHILLI CHICKEN SALAD	\$ 3.50	\$ 6.00
HAM & CHEESE	\$ 3.00		HAM & GARDEN SALAD	\$ 3.50	\$ 6.00
EGG VEG	\$ 3.00		CHICKEN & GARDEN SALAD	\$ 3.50	\$ 6.00
EGG & LETTUCE VEG	\$ 3.50		CHICKEN CAESAR SALAD	\$ 3.50	\$ 6.00
CURRIED EGG & LETTUCE VEG	\$ 3.50				
SALAD VEG	\$ 3.50	\$ 5.00	RICE PAPER ROLLS x 2	MONDAY & TUESDAY	
HAM, CHEESE & TOMATO	\$ 3.50		CHICKEN TERIYAKI	\$ 4.50	
CHICKEN & CHEESE	\$ 3.50		VEGETARIAN FRESH SEASONAL VEGES VEG GF	\$ 4.50	
SWEET CHILLI CHICKEN	\$ 4.00	\$ 5.00	SWEET CHILLI CHICKEN SWEET CHILLI MAYO	\$ 4.50	
HAM & SALAD	\$ 4.00	\$ 5.50			
CHICKEN, LETTUCE & MAYO	\$ 4.00	\$ 5.50	SUSHI WEDNESDAY & THURSDAY		
CHICKEN, CHEESE & TOMATO	\$ 4.00		CHICKEN TERIYAKI	\$ 3.50	
CHICKEN & SALAD	\$ 4.00	\$ 5.50	VEGETARIAN FRESH SEASONAL VEGES VEG GF	\$ 3.50	
CHICKEN CAESAR SALAD		\$ 5.50	SWEET CHILLI CHICKEN SWEET CHILLI MAYO	\$ 3.50	
FRESH FRUIT		REG	EXTRAS		
FRUIT WATERMELON, APPLE, BANANA, MANDARIN		\$ 1.00	SAUCE PORTION - BBQ OR TOMATO SAUCE	\$ 0.40	
FROZEN ORANGES SNACK PACK		\$ 2.00	TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.50	
WATERMELON CHUNKS	\$ 3.50	\$ 4.50	CHEESE SLICE	\$ 0.50	
FRUIT SALAD SEASONAL FRUITS	\$ 4.00	\$ 5.00	CHICKEN, HAM, EGG, SHREDDED CHEESE	\$ 1.00	



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EVERYDAY CHOICES DRINKS JUICE - WATER - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00	CHILLI 100% JUICE RASPBERRY, GRAPE	\$ 2.60
WATER 600ML	\$ 2.00	UP N GO CHOCOLATE, VANILLA	\$ 3.00
PLAIN MILK	\$ 2.00	ICE TEA PEACH, RASPBERRY	\$ 3.60
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50	ALOE VERA GRAPE	\$ 3.60
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.60	HOT CHOCOLATE	\$ 1.80

EVERYDAY CHOICES ICE BLOCKS - SNACKS

ICE COLD TREATS 99% JUICE BASED

FROZEN JUICE CUP APPLE - ORANGE - ABC GF	\$ 1.50
FRUITY ICES ASSORTED FLAVOURS GF	\$ 0.50
SOUR SNAP APARTS ASSORTED FLAVOURS GF	\$ 1.00
ICE MONY BLUE RASPBERRY - RED BERRY - LEMON GF	\$ 1.30
FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY) GF	\$ 1.00

* ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG
COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD

SAVOURY SNACKS

POPCORN GF	\$ 1.00
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YOGHURT & CUSTARD

CUSTARD BOWL VANILLA	\$ 2.80
VAAIA YOGHURT VANILLA	\$ 3.50
CUSTARD CUP VANILLA OVER THE COUNTER ONLY	\$ 1.00



EVERYDAY CHOICES PASTA - RICE - BURGERS - PIZZA - HOT BITES

PASTA - RICE

BUTTER CHICKEN WITH RICE GF LARGE \$6	\$ 4.00
BOLOGNESE PASTA BEEF SAUCE	\$ 4.00
CREAMY CHICKEN PASTA CARBONARA	\$ 4.00
CHINESE FRIED RICE VEG	\$ 4.00
VEGETABLE CURRY WITH RICE	\$ 4.00
SINGAPORE NOODLES CHICKEN & VEGES	\$ 4.00
NAPOLITANA PASTA TOMATO SAUCE VEG	\$ 4.00
MACARONI & CHEESE VEG	\$ 4.50
LASAGNE BEEF LARGE \$6.5	\$ 4.50
LASAGNE VEGE GF VEG	\$ 5.00

HOME MADE PIZZAS

CHEESE VEG	\$ 3.80
HAM & CHEESE	\$ 4.50
PEPPERONI & CHEESE	\$ 4.50

BURGERS

CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.80
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO VEG	\$ 4.80
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.80
CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 4.80
CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.00
DONER KEBAB BURGER KEBAB MEAT, BBQ SAUCE	\$ 5.00

HOT BITES

CORN COB VEG	\$ 1.30
CHICKEN WING HOT & SPICY	\$ 1.40
GARLIC BREAD VEG	\$ 2.20
CHEESE TOASTED WRAP VEG	\$ 2.00
CHEESE & BACON ROLL WARM	\$ 2.70
HAM & CHEESE TOASTED WRAP	\$ 3.00
PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.30
PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00

GLUTEN FREE FOODS

GLUTEN FREE BREAD & WRAPS \$ 1.00

YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE MENU

HOT FOODS

MACARONI & CHEESE	\$ 5.00
CHICKEN NUGGETS 4 PACK \$ 3.20 6 PACK \$ 4.50	
HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20

THERE ARE LOTS OF OTHER GLUTEN FREE FOODS LISTED ON THE MAIN MENU. THEY HAVE "GF" NEXT TO THEM

IF YOU ORDER ANY OF THE ABOVE FOODS PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG

FOOD CODING: VEG VEGETARIAN GF GLUTEN FREE
ALL ITEMS ON THE MENU ARE HALAL (EXCLUDING PORK PRODUCTS)



OCCASIONAL CHOICES HOT BITES - MEXICAN - PASTRIES - SNACKS

HOT BITES

CHICKEN NUGGETS 100% BREAST EACH	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
MINI SPRING ROLL OVEN BAKED VEG	\$ 0.90
HASH BROWN VEG	\$ 1.20
CUP NOODLES CHICKEN - BEEF - SPICY TOM YUM ORIENTAL VEG	\$ 3.00
HOT DOG WITH TOMATO SAUCE (CHICKEN)	\$ 3.30

MEXICAN

BEEF NACHOS HOME MADE ADD CHEESE 50c GF	\$ 4.70
VEGE NACHOS SALSA ADD CHEESE 50c VEG GF	\$ 4.70

PASTRIES

PARTY PIE LOW FAT x 3 \$ 4	\$ 1.40
SAUSAGE ROLL LOW FAT	\$ 3.50
MEAT PIE LOW FAT	\$ 4.00
POTATO PIE LOW FAT	\$ 4.50

SNACKS

POPCORN * EVERYDAY RATED ITEM *	\$ 1.00
BROWNIE OUR FAMOUS BITE SIZE SNACK	\$ 1.00
CHIPS 27G	\$ 2.00
BANANA BREAD	\$ 2.50
JELLY BOWL GF	\$ 1.50
PIRANHA RICE SNAPS VEGE CRACKERS GF	\$ 2.20

EVERYDAY CHOICES BREAKFAST

LOTS OF BREAKFAST ITEMS ARE AVAILABLE FROM THE COUNTER AT THE CANTEEN EVERY MORNING INCLUDING :

TOASTED WRAPS - FRUITS - YOGHURT - CUSTARD - MILK



Crunch & Sip

\$ 2.50

Bottle Water 600ml

Choose Any Piece Of Seasonal Fruit

