

Term 4, 2020 Canteen Menu

Small Salad Wrap	\$4.00
Large Salad Wrap	\$6.00
Salad Focaccia.....	\$6.00
Salad Sandwich.....	\$5.00

SALADS

Garden Salad	\$5.50
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Bespoke Salad (available all year round)	\$6.00
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Filling Options: avocado, capsicum, carrot, cheese, chickpeas, cucumber, egg, fetta cheese, free-range ham, mesculin mix, poached chicken, red onion, semi-sundried tomatoes, tomato and tuna (same filling options available for salad wraps) (Only one meat or fish option).

Dressing Options: creamy dressing, French, Italian and mayonnaise.

Burrito Bowl	\$5.50
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Toasted Sandwiches

1 filling.....	\$3.60
2 fillings	\$4.00
3 fillings.....	\$4.50
Additional fillings	\$0.50 ea

Bread options: white and wholemeal. Gluten free available \$1 extra.

Fillings: avocado, capsicum, carrot, chicken, cheese, cucumber, egg, ham, lettuce, red onion, semi-sundried tomato and tomato. Mayonnaise, BBQ sauce or tomato sauce

Ciabatta (1 filling)	\$4.50
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Herbed Focaccia (1 filling)	\$4.50
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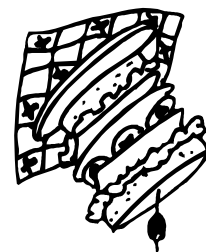
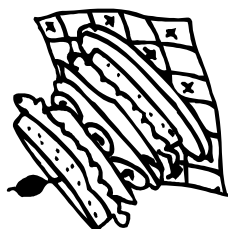
Additional fillings	\$0.50c ea
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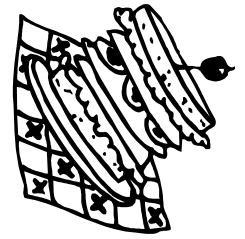
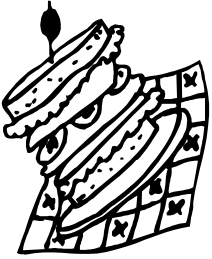
Garlic Bread	\$2.00
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Cheese and Garlic Ciabatta	\$3.00
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Cheese and Bacon Roll	\$3.00
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Hot Cheese Roll	\$3.00
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HOT OPTIONS

Hot Food Containers..... \$5.00

Fried Rice* (gluten free) (bacon, egg omelette, spring onion, peas, corn, capsicum, soy sauce)

Vegetarian Fried Rice* (gluten free) (egg omelette, spring onion, peas, corn, capsicum, soy sauce)

* rice is steamed, not fried and no oil is used.

Vegetarian Pasta (napoli sauce, herbs and cheese)

Vegetarian Gluten Free Pasta (napoli sauce, herbs and cheese)..... \$6.00

Wedges (gluten free) \$4.80

Nachos (gluten free) with salsa and cheese..... \$5.00

Sour Cream \$1.00

Guacamole..... \$1.00

Pies (National Pies)

Lunch Pie \$4.50

Chicken and Camembert \$6.00

Curried Chicken \$6.00

Pastie \$4.50

Tandoori Vegetable Pastie \$4.50

Party Sausage Roll \$2.20

Party Pies (beef, chicken camembert, curried chicken, cottage)..... \$2.20

All pastry products are from the canteen approved Smartly Pie range - lower in fat and salt.

Meat pies contain vegetables.

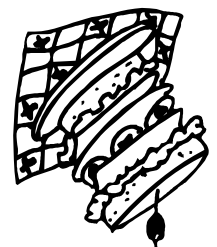
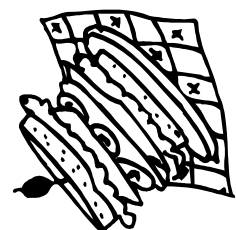
Red Rock Chips (sea salt, sweet chilli, honey soy, salt & vinegar)..... \$2.00

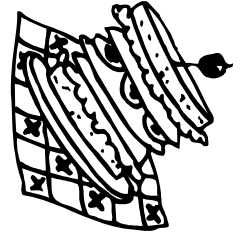
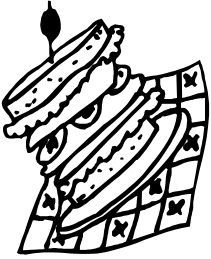
Veggie Chips (natural, BBQ, sea salt & vinegar)..... \$2.00

Fruit Salad made from seasonal fruit..... \$4.00

Veggie sticks and dip..... \$3.00

Choice of one dip: guacamole, hommus or spicy capsicum





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Water

small.....	\$2.00
large.....	\$3.00
Hartz Mineral Water (raspberry, lime, lemonade, orange, lemon).....	\$3.00
Juicy Isle Juices.....	\$3.30
apple & mango	
green juice	
pressed cloudy apple	
Juicy Isle Orange Juice	
small.....	\$3.30
large.....	\$4.10
Pop Top Juice (orange, apple, apple-blackcurrant)	\$3.00
Ribena Blackcurrant Juice	
small.....	\$2.00
large.....	\$4.50
Nippy's Milk (chocolate, strawberry)	
small.....	\$3.30
large.....	\$4.10
Milkshakes (gluten free) (made with ice cream)	\$5.00
Available flavours: caramel, chocolate, lime, milo, strawberry, vanilla	
Ice creams & Icy poles	
Iced Mony (some gluten free)	\$1.00
Icy Poles (raspberry, lemonade)	\$1.25
Billabong.....	\$1.60
Frosty Fruit	\$2.20
Lifesaver.....	\$2.20
Milo.....	\$3.00
Jelly Cups.....	\$1.00

Please check the Specials Board for additional items
There are no variations to the menu.

