



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

- Good Morning**
- Hot chocolate  V \$2.50
 - Baked Hash Brown  V \$1.50
 - Vegemite or jam or honey toast  GFA V LF \$2.50
 - Raisin toast 2pcs V \$3.00
 - Banana bread slice V \$4.00
 - Homemade gourmet muffins V \$3.00
 - Homemade cookies (made fresh daily) V \$2.00
 - Pancakes x 3 with honey V \$4.00
 - Cheese & egg roll  \$4.50
 - Lean Ham & egg roll  \$5.00


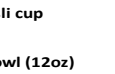
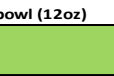





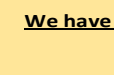
Toasted sandwiches & wraps

- Cheese  GFA V \$3.50
- Ham  GFA LF \$4.00
- Cheese & tomato  GFA V \$4.00
- Lean ham & cheese  GFA \$4.50
- Lean ham, cheese & tomato  GFA \$5.00

Fresh or Toasted Croissants

- Plain  V \$4.00
- Cheese  V \$4.50
- Ham & Cheese  \$5.00

Fresh fruit & yoghurt

- Whole fresh fruit each  GFA V LF \$1.50
- Fresh cut veggie cup  GFA V LF \$2.50
- Fresh cut watermelon cup  GFA V LF \$3.00
- Fresh grapes cup (seasonal)  GFA V LF \$3.00
- Vanilla yoghurt (low fat)  GFA V \$4.00
- Yoghurt with fruit or muesli cup  V \$4.50
- Fresh diced fruit cup  GFA V LF \$4.50
- Watermelon pieces in a bowl (12oz)  GFA V LF \$4.50
- Seasonal fresh fruit salad bowl (12oz)  GFA V LF \$5.00

SANDWICHES

- Cheese  GFA V \$3.50
- Cheese & tomato  GFA V \$4.00
- Ham & cheese  GFA V \$4.00
- Lean ham, cheese & tomato  GFA V \$4.50
- Cheese & salad  GFA V \$4.50
- Curried egg  GFA V \$4.50
- Tuna, lettuce & mayo  GFA V \$4.50
- Veggie Salad  GFA V \$5.00
- Salad (lettuce, tomato, carrot, cucumber)  GFA V LF \$5.00
- Schnitzel \$5.50
- Fresh chicken, lettuce & mayo \$5.50

Hot Food

- Chicken & corn roll \$2.00
- Chicken wings x1  GFA LF \$2.00
- Potato wedges (300g)  V \$4.00
- Potato gems 10pcs  V \$3.50
- Noodle cup chicken or beef \$4.00
- Hot Dog chicken or beef \$4.00
- Chicken goujonettes (5 pieces) \$5.50
- Chicken nuggets 6pcs \$5.50
- Garlic bread  V \$2.50
- Garlic & cheese bread  V \$3.50
- Homemade pizza with cheese  V \$5.00
- Homemade pizza with lean ham & cheese \$5.50
- Homemade bbq chicken pizza \$5.50
- Homemade hawaiian pizza \$5.50
- Nachos with salsa & cheese  V \$4.50
- Mexican Quesadilla  V \$4.50
- Sausage roll  \$5.00
- Beef pie  \$5.50
- Curry pie  \$5.50
- Gourmet spinach & feta roll \$6.00
- Grilled chicken souvlaki on a roll LF \$6.00
- Sweet chilli chicken tender wrap \$6.00
- Beef meatball sub with napolitana sauce/cheese LF \$6.00
- Veggie pattie burger  V \$5.50
- Chicken burger  \$5.50
- Cheeseburger  \$5.50
- Aussie lean beef burger with L/T LF \$6.00
- Fillet-O-Fish burger with lettuce & mayo \$6.00

Beverages

- Water 400ml  GFA V LF \$2.00
- Water 600ml  GFA V LF \$2.50
- Pump water 750ml  GFA V LF \$3.00
- Popper 99% juice 250ml  GFA V LF \$2.50
- Juice bottle 99% juice 350ml  GFA V LF \$4.00
- UP & GO 250ml  GFA V \$3.00
- Milk 600ml (plain)  GFA V \$4.00
- Flavoured milk 300ml  GFA V \$3.50
- Flavoured milk 500ml  GFA V \$5.00
- Can of drink 375ml (sugar free)  GFA V LF \$3.00
- Waterforwards lite & fruity  V LF \$4.50
- Lipton Ice tea peach  GFA V LF \$4.50

WRAPS

- Cheese & salad  GFA V \$5.00
- Lean ham, cheese & tomato  GFA V \$5.00
- Falafel  GFA V \$5.00
- Tuna, lettuce & mayo  GFA V \$5.00
- Veggie Salad  GFA V \$5.50
- Salad (lettuce, tomato, carrot, cucumber)  GFA V LF \$5.50
- Schnitzel  \$6.00
- Fresh chicken & avocado  \$6.00
- Fresh chicken, lettuce & mayo  \$6.00

Daily specials available and will be advertised weekly

- Mac & cheese  V \$5.00
- Butter chicken with rice  GFA LF \$5.50
- Pasta bolognese  GFA LF \$5.50
- Pasta carbonara with ham  GFA \$5.50
- Pasta with beef meatballs  \$5.50
- Spaghetti napolitana  GFA V LF \$5.50
- Sweet chilli chicken with rice  \$5.50
- Veggie fried rice  GFA V LF \$5.00
- Fried rice with ham  GFA LF \$5.50
- Chicken hokkien noodles  \$5.50
- Vegetarian Singapore noodles  V \$5.50
- Ravioli, spinach & cheese  V \$6.00
- Beef tortellini  \$6.00
- Vegetable noodle Soup  V LF \$5.00
- Beef lasagne  \$6.00
- Vegetarian lasagne  V \$6.00
- Assorted maki sushi rolls  GFA LF \$5.00

Tasty treats

- Bread sticks 4pcs  V LF \$1.50
- Popcorn  GFA V LF \$1.50
- Monster noodle snacks (Chicken or BBQ) \$2.00
- Rice sticks cheese  V \$2.50
- Grain wares  V \$3.00
- Red rock deli chips  GFA V \$3.00
- Quelch 99% fruit juice stick  V LF \$1.00
- Sour snap stix  GFA V LF \$2.00
- Frozen 99% juice cup  GFA V LF \$2.00
- 99% frozen nippy's juice cup  GFA V LF \$2.00
- Frozen milk cup (vanilla, choc, strawberry) V \$2.50
- Ice many freeze pops  V \$2.50
- Vanilla ice cream cup (98% fat free)  GFA V \$3.50
- Jelly cup or Custard cup LF \$2.50
- Chocolate custard cup  \$3.50
- Rice pudding (200ml cup)  GFA V \$3.50
- Chocolate mousse  V \$3.50
- Homemade custard tart  \$3.50
- Homemade chocolate custard tart  \$4.00

SALADS

- All salads are available every day if you pre order before 9.00am
- Garden salad  GFA V LF \$5.00
 - Cheese salad  GFA V \$5.50
 - Lean ham salad  GFA LF \$5.50
 - Tuna salad  GFA LF \$6.00
 - Greek salad  GFA V \$6.00
 - Fresh chicken breast salad  GFA LF \$6.00
 - Fresh chicken avocado salad  GFA LF \$6.00
 - Caesar salad (No chicken)  GFA \$5.50
 - Fresh chicken caesar salad GFA V LF \$6.00
 - Fresh chicken breast pasta salad GFA V LF \$6.00

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 20oz extra \$1.50
 Extra fillings 0.80c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum
 Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado Sauce each 50c Cutlery each 50c

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS

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