



Made Fresh Canteen Menu



If Gluten Free food is required please order before 9am

BREAKFAST



Good Morning

E Vegemite or jam or honey toast	\$1.50
E Hot chocolate	\$2.00
E Pancakes x3 with honey	\$3.00
E Cheese & egg roll	\$4.50
E Lean ham & egg roll	\$5.00

Toasted sandwiches & wraps

E Cheese	\$3.00
E Ham	\$3.50
E Cheese & tomato	\$4.00
E Lean ham & cheese	\$4.00
E Lean ham, cheese & tomato	\$4.50

Prices listed are for a toasted sandwich. Upgrade to a toasted wrap for \$1

Choose one item from the breakfast menu and get

E a bottle water 600 ml	extra \$1.50
E or add a popper juice 250ml	extra \$2.00
E or add a flavoured milk 300ml	extra \$2.50
E or add a flavoured milk 500ml	extra \$4.50

HOMEMADE MENU (TWO cooked each day)

Australian, European, Asian & Mexican Meals

E Butter chicken with rice or pasta	\$5.50
E Mac & cheese	\$5.50
E Creamy chicken with rice or pasta	\$5.50
E Sweet chilli chicken with rice or pasta	\$5.50
E Honey mustard chicken with rice or pasta	\$5.50
E Pasta bolognese	\$5.50
E Pasta carbonara with lean ham	\$5.50
E Pasta with beef meatballs	\$5.50
E Spaghetti napolitana	\$5.50
E Teriyaki chicken stir fry & steamed rice	\$5.50
E Thai red curry chicken, vegetables & rice	\$5.50
E Vegetable noodles Soup	\$5.50
E Chicken hokkien noodles	\$5.50
E Veggie fried rice	\$5.50
E Fried rice with lean ham	\$5.50
E Mexican chicken burrito skillet & rice	\$5.50



SANDWICHES

E Salad (lettuce, tomato, carrot, cucumber)	\$4.50
E Lean ham, cheese & tomato	\$4.50
E Curried Egg	\$4.50
E Tuna, lettuce & mayo	\$4.50
E Fresh chicken sandwich	\$4.50



Extra fillings 0.50c each lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings \$1.00 each cheese, ham, chicken, egg, pineapple, avocado

WRAPS & ROLLS

E Salad (lettuce, tomato, carrot, cucumber)	\$6.00
E Lean ham, cheese & tomato	\$6.00
E Tuna, lettuce & mayo	\$6.00
E Egg, lettuce & mayo	\$6.00
E Fresh chicken lettuce & mayo	\$6.00



FRESH FRUIT

E Whole fresh fruit each	\$1.50
E Fresh cut watermelon cup	\$2.50
E Fresh diced fruit cup	\$2.50
E Vanilla yoghurt (low fat)	\$3.00
E Yoghurt with fruit or muesli cup	\$3.50
E Watermelon pieces in a bowl (12oz)	\$5.00
E Seasonal fresh fruit salad bowl (12oz)	\$5.50
E Fresh fruit salad with yoghurt bowl (12oz)	\$6.00



SALADS (All Salads served in 12oz Dome)

E Garden salad	\$5.00
E Pasta salad	\$5.00
E Tuna salad	\$5.50
E Fresh chicken breast salad	\$5.50
E Spinach, pumpkin & fetta	\$6.00
E Greek salad	\$6.00
E Fresh chicken caesar salad	\$6.00



SUSHI

E Tuna	\$4.50
E Veggie	\$4.50
E Teriyaki chicken	\$4.50



MILK - JUICES - DRINKS

E Water 400ml	\$1.80
E Water 600ml	\$2.50
E Milk 300ml (plain)	\$2.50
E Popper 99% juice 250ml	\$2.50
E Light milk 300ml	\$3.30
E UP & GO 250ml	\$3.00
E Milk 600ml (plain)	\$4.00
E Bottled milk 500ml	\$5.50



SNACKS & FROZEN TREATS

E Bread sticks x 4	\$1.00
E Frozen 99% juice cup	\$1.00
E Quelch 99% fruit juice sticks	\$1.00
E Sour snap sticks	\$1.50
E Frozen milk cup (vanilla, chocolate, strawberry)	\$1.80
E Plain or frozen 99% juice-jelly cup	\$2.00
E 99% frozen nippy's juice cup	\$2.00
E Ice many freeze pops	\$2.00
E Custard cup	\$2.00
E Chocolate custard cup	\$2.50



OCCASIONAL ITEMS AVAILABLE

HOT FOOD

E Hash brown	\$1.50
E Potato gems x10	\$2.50
E Chicken & corn roll	\$2.00
E Potato wedges (bag 100g)	\$2.50
E Noodles cup	\$3.80
E Beef or chicken hot dog (one free sauce)	\$4.00
E Chicken nuggets (6 pieces)	\$4.50
E Chicken Goujonettes (5 pieces)	\$4.50
E Sausage roll (one free sauce)	\$4.80
E Nachos with salsa & cheese	\$5.00
E Meat pie (one free sauce)	\$5.50
E Potato or curry pie	\$6.00
E Veggie pattie burger	\$6.00
E Chicken burger	\$6.00
E Sweet chilli chicken tender wrap	\$6.00
E Fillet-O-Fish burger with lettuce & mayo	\$6.50



SNACKS & DRINKS

E Homemade cookies x1 (freshly made daily)	\$1.00
E Popcorn	\$1.00
E Monster noodle snacks (Chicken or BBQ)	\$1.30
E Rice sticks cheese	\$2.00
E Jelly cup	\$2.00
E Custard cup	\$2.00
E Homemade fresh muffins (freshly made daily)	\$2.50
E Rice pudding (200ml cup)	\$2.50
E Grain waves 22g	\$2.50
E Red rock deli chips 28g	\$2.50
E Delites rice snacks	\$2.50
E Chocolate mousse	\$3.00
E Homemade Custard tart	\$3.50
E Can of drink 375ml (sugar free)	\$3.00
E Waterfords lite & fruity 500ml	\$4.50
E Lipton lite peach iced tea 500ml	\$5.50



OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS

We have all types of bread: White, Wholemeal or Multigrain, Wraps, White roll or Focaccia

Gluten free bread extra \$1.00

Gluten free tortilla extra \$1.00

Gluten free focaccia extra \$2.00

Upsize salad, Fruit salad to 20oz extra \$1.50

Extra sauce or sutlery each 30c