



Made Fresh Canteen Menu



If Gluten Free food is required please order before 9am

BREAKFAST



Good Morning

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

Toasted sandwiches & wraps

☺ Cheese	\$3.00
☺ Ham	\$3.50
☺ Cheese & tomato	\$4.00
☺ Lean ham & cheese	\$4.00
☺ 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

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

HOMEMADE MENU (TWO cooked each day)

Australian, European, Asian & Mexican Meals

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



SANDWICHES

☺ Salad (lettuce, tomato, carrot, cucumber)	\$4.50
☺ Lean ham, cheese & tomato	\$4.50
☺ Curried Egg	\$4.50
☺ Tuna, lettuce & mayo	\$4.50
☺ 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

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



FRESH FRUIT

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



SALADS (All Salads served in 12oz Dome)

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



SUSHI

☺ Tuna	\$4.50
☺ Veggie	\$4.50
☺ Teriyaki chicken	\$4.50



MILK - JUICES - DRINKS

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



SNACKS & FROZEN TREATS

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



OCCASIONAL ITEMS AVAILABLE

HOT FOOD

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



SNACKS & DRINKS

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



OUR FOOD IS MADE IN THE CANTEN 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