



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

- Vegemite or jam or honey toast **GFA V LF** \$2.50
- Hot chocolate **V** \$3.00
- Pancakes x 3 with honey **V** \$3.50
- Cheese & egg roll \$4.50
- Lean ham & egg roll \$5.00

Good Morning

Toasted sandwiches & wraps

- Cheese **GFA V** \$4.00
- Ham **GFA LF** \$4.50
- Cheese & tomato **GFA V** \$4.50
- Lean ham & cheese **GFA** \$5.00
- Lean ham, cheese & tomato **GFA** \$5.50

Choose one item from the breakfast menu and get

- a bottle water 600 ml extra **GFA V LF** \$1.50
- or add a popper juice 250ml extra **GFA V LF** \$2.50
- or add a flavoured milk 300ml extra **GFA V LF** \$2.50
- or add an UP & GO 250ml extra **GFA V LF** \$2.50

SANDWICHES

- Cheese **GFA V** \$4.00
- Cheese & tomato **GFA V** \$4.50
- Lean ham & cheese **GFA** \$5.00
- Lean ham, cheese & tomato **GFA** \$5.50
- Curried egg **GFA** \$5.50
- Tuna, lettuce & mayo **GFA** \$5.50
- Salad (lettuce, tomato, carrot, cucumber) **GFA V LF** \$5.50
- Fresh chicken, lettuce & mayo \$6.00

WRAPS

- Cheese **GFA V** \$5.00
- Cheese & tomato **GFA V** \$5.50
- Lean ham & cheese **GFA** \$6.00
- Lean ham, cheese & tomato **GFA** \$6.50
- Curried egg & lettuce **GFA** \$6.50
- Tuna, lettuce & mayo **GFA** \$6.50
- Salad (lettuce, tomato, carrot, cucumber) **GFA V LF** \$6.50
- Fresh chicken, lettuce & mayo \$7.00

SALADS (All Salads served in 12oz bowl)

- Garden salad **GF V LF** \$6.00
- Cheese salad **GF V** \$6.50
- Lean ham salad **GF LF** \$6.50
- Tuna salad **GF LF** \$6.50
- Greek salad **GF V** \$6.50
- Fresh chicken breast salad **GF LF** \$6.50
- Fresh chicken avocado salad **GF LF** \$6.50
- Caesar salad (No chicken) **GFA** \$6.50
- Fresh chicken caesar salad **GFA** \$6.50
- Fresh chicken breast pasta salad **GFA LF** \$6.50

SUSHI

- Tuna **GF LF** \$5.50
- Veggie **GF V LF** \$5.50
- Beef **GF LF** \$5.50
- Teriyaki chicken **GF LF** \$5.50

HOT FOOD

- Hash brown **V** \$2.00
- Chicken & corn roll **V** \$2.50
- Chicken wings x 1 **GF LF** \$3.00
- Potato wedges (bag 100g) **V** \$3.00
- Potato gems x 10 **V** \$3.50
- Noodle cup chicken \$4.50
- Noodle cup beef \$4.50
- Beef hot dog \$4.50
- Chicken hot dog \$4.50
- Chicken nuggets (6 pieces) \$6.00
- Chicken goujonettes (5 pieces) \$6.00
- Garlic bread **V** \$3.00
- Garlic & cheese bread **V** \$3.50
- Homemade pizza with cheese **V** \$6.00
- Homemade pizza with lean ham & cheese \$6.50
- Homemade bbq chicken pizza \$6.50
- Homemade hawaiian pizza \$6.50
- Nachos with salsa & cheese **V** \$6.00
- Mexican Quesadilla **V** \$6.00
- Sausage roll \$5.50
- Meat pie \$6.00
- Potato or curry pie \$7.00
- Beef lasagne \$6.50
- Vegetarian lasagne **V** \$6.50
- Grilled chicken souvlaki on a roll **LF** \$7.00
- Sweet chilli chicken tender wrap \$7.00
- Beef meatball sub with napolitana sauce/cheese **LF** \$6.50
- Veggie pattie burger **V** \$6.50
- Chicken burger \$7.00
- Cheeseburger \$6.50
- Aussie lean beef burger with lettuce/tomato **LF** \$7.50
- Fillet-O-Fish burger with lettuce & mayo \$7.00

HOMEMADE MEALS (TWO cooked each day)

Australian, European, Asian & Mexican Meals

- Mac & cheese **V** \$6.00
- Creamy chicken with rice \$6.00
- Butter chicken with rice \$6.00
- Pasta bolognaise **GFA LF** \$6.00
- Pasta carbonara with lean ham **GFA** \$6.00
- Pasta with beef meatballs \$6.00
- Spaghetti napolitana **GFA V LF** \$6.00
- Sweet chilli chicken with rice \$6.00
- Honey mustard chicken with rice \$6.00
- Veggie fried rice **GF V LF** \$6.00
- Fried rice with lean ham **GF LF** \$6.00
- Chicken hokkien noodles \$6.00
- Teriyaki chicken stir fry & steamed rice **GF LF** \$6.00
- Thai red curry chicken, vegetables & rice \$6.00
- Mexican chicken burrito skillet & rice **LF** \$6.00
- Vegetable noodle Soup **V LF** \$6.00

FRESH FRUIT & YOGHURT

- Whole fresh fruit each **GF V LF** \$1.50
- Fresh cut veggie cup **GF V LF** \$2.50
- Fresh cut watermelon cup **GF V LF** \$3.00
- Fresh grapes cup (seasonal) **GF V LF** \$3.00
- Fresh diced fruit cup **GF V LF** \$3.50
- Vanilla yoghurt (low fat) **GF V** \$4.00
- Yoghurt with fruit or muesli cup **V** \$4.50
- Watermelon pieces in a bowl (12oz) **GF V LF** \$5.50
- Seasonal fresh fruit salad bowl (12oz) **GF V LF** \$6.00
- Fresh fruit salad with yoghurt bowl (12oz) **GF V** \$6.50

MILK - JUICES - DRINKS

- Water 400ml **GF V LF** \$2.00
- Water 600ml **GF V LF** \$2.50
- Pump water 750ml **GF V LF** \$3.50
- Popper 99% juice 250ml **V LF** \$2.80
- UP & GO 250ml **V** \$3.30
- Flavoured light milk 300ml **GF V** \$3.50
- Milk 600ml (plain) **GF V** \$4.50
- Bottled milk 500ml **GF V** \$5.50
- Can of drink 375ml (sugar free) **GF V LF** \$3.50
- Waterfords lite & fruity **V LF** \$5.00
- Lipton light peach ice tea **GF V LF** \$5.50

SNACKS & FROZEN ITEMS

- Bread sticks x 4 **V LF** \$2.00
- Homemade cookies x 1 (made fresh daily) **V** \$2.00
- Homemade muffins (made fresh daily) **V** \$3.00
- Popcorn **GF V LF** \$1.50
- Monster noodle snacks (Chicken or BBQ) \$2.00
- Rice sticks cheese **V** \$2.50
- Grain waves 22g **V** \$3.00
- Red rock deli chips 28g **GF V** \$3.00
- Delites rice snacks **GF V** \$2.50
- Quelch 99% fruit juice sticks **V LF** \$1.00
- Sour snap stix **GF V LF** \$2.00
- Frozen 99% juice cup **GF V LF** \$2.00
- 99% frozen nippy's juice cup **GF V LF** \$2.50
- Frozen milk cup (vanilla, choc, strawberry) **V** \$2.50
- Ice mony freeze pops **V** \$2.50
- Vanilla ice cream cup (98% fat free) **GF V** \$3.50
- Jelly cup **LF** \$2.50
- Custard cup \$2.50
- Chocolate custard cup \$3.50
- Rice pudding (200ml cup) **GF V** \$3.00
- Chocolate mousse **V** \$3.50
- Homemade custard tart \$4.50
- Homemade chocolate custard tart \$5.00

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 \$2.00

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