



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 \$2.50
- ☺ Hot chocolate \$3.00
- ☺ Pancakes x 3 with honey \$3.50
- ☺ Cheese & egg roll \$4.50
- ☺ Lean ham & egg roll \$5.00



Toasted sandwiches & wraps

- ☺ Cheese \$4.00
- ☺ Ham \$4.50
- ☺ Cheese & tomato \$4.50
- ☺ Lean ham & cheese \$5.00
- ☺ Lean ham, cheese & tomato \$5.50

Choose one item from the breakfast menu and get

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

SANDWICHES

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



WRAPS

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



SALADS (All Salads served in 12oz bowl)

- ☺ Garden salad \$6.00
- ☺ Cheese salad \$6.50
- ☺ Lean ham salad \$6.50
- ☺ Tuna salad \$6.50
- ☺ Greek salad \$6.50
- ☺ Fresh chicken breast salad \$6.50
- ☺ Fresh chicken avocado salad \$6.50
- ☺ Caesar salad (No chicken) \$6.50
- ☺ Fresh chicken caesar salad \$6.50
- ☺ Fresh chicken breast pasta salad \$6.50



All salads are available every day if you pre order before 8.30am

SUSHI

- ☺ Tuna \$5.50
- ☺ Veggie \$5.50
- ☺ Beef \$5.50
- ☺ Teriyaki chicken \$5.50



HOT FOOD

- ☺ Hash brown \$2.00
- ☺ Chicken & corn roll \$2.50
- ☺ Chicken wings x 1 \$3.00
- ☺ Potato wedges (bag 100g) \$3.00
- ☺ Potato gems x 10 \$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 \$3.00
- ☺ Garlic & cheese bread \$3.50
- ☺ Homemade pizza with cheese \$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 \$6.00
- ☺ Mexican Quesadilla \$6.00
- ☺ Sausage roll \$5.50
- ☺ Meat pie \$6.00
- ☺ Potato or curry pie \$7.00
- ☺ Beef lasagne \$6.50
- ☺ Vegetarian lasagne \$6.50
- ☺ Plain grilled chicken souvlaki on a roll \$7.00
- ☺ Sweet chilli chicken tender wrap \$7.00
- ☺ Beef meatball sub with napolitana sauce/cheese \$6.50
- ☺ Veggie pattie burger \$6.50
- ☺ Chicken burger \$7.00
- ☺ Cheeseburger \$6.50
- ☺ Aussie lean beef burger with lettuce/tomato \$7.50
- ☺ Fillet-O-Fish burger with lettuce & mayo \$7.00



HOMEMADE MEALS (TWO cooked each day)

Australian, European, Asian & Mexican Meals

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



FRESH FRUIT & YOGHURT

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



MILK - JUICES - DRINKS

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



SNACKS & FROZEN ITEMS

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