



# Made Fresh Canteen Menu



**If Gluten Free food is required please order before 9am**

## BREAKFAST



☑ 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



## HOT FOOD

☑ Chicken wings x1	\$1.80
☑ Garlic bread (large)	\$2.50
☑ Garlic & cheese bread (made fresh daily)	\$3.00
☑ Mexican tortilla	\$5.50
☑ Homemade pizza with cheese	\$5.50
☑ Homemade bbq chicken pizza	\$5.50
☑ Homemade hawaiian pizza	\$5.50
☑ Homemade pizza with lean ham & cheese	\$5.50
☑ Beef lasagne	\$5.50
☑ Vegetarian lasagne	\$5.50
☑ Beef meatball sub with napolitana sauce/cheese	\$6.00
☑ Plain grilled chicken souvlaki on a roll	\$6.00
☑ Cheeseburger	\$6.00
☑ Aussie lean beef burger lettuce/tomato	\$6.50



## 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



## 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



## 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



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 200z extra \$1.50

Extra Sauce or Cutlery each 30c

**OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS**