



Canteen Menu

Breakfast:

- Bacon-egg roll \$4.50
- Ham-cheese croissant \$5.00
- Banana Bread \$4.50
- Yoghurt Greek Natural with Muesli-Fresh Berries-Honey \$4.50
- Fruit Pot – mixed fruit \$3.00
- Fruit Pot – watermelon \$3.00
- Muffins fresh baked – assorted flavours \$3.50
- Pancake – jam, maple, syrup, butter \$3.50

Toasted Sandwiches:

Gluten free option available (extra \$0.50)

- Cheese \$3.50
- Ham and cheese \$4.00
- Ham, cheese and tomato \$4.50
- Chicken and cheese \$4.50
- Chicken, cheese and tomato \$5.00
- Chicken and avocado \$4.50
- Ham, cheese and pineapple \$4.50

Cold Food:

- Watermelon bowl - small \$3.00
- Watermelon bowl – large \$4.50
- Fresh fruit salad - small \$3.00
- Fresh fruit salad - large \$4.50
- Yoghurt with Muesli, Berries & Honey \$4.50
- Fresh fruit available \$1.00 each
Oranges, red/green apples, Banana, Mandarin
- Edamame Beans – small pot \$3.00

Turkish Fresh (hot):

- Caesar dressing, chicken, lettuce, bacon, cheese \$6.50
- Chicken with sweet chilli sauce \$6.50
- Ham, cheese, tomato \$6.50
- Falafel, hummus, tabouli, cucumber, lettuce \$6.50
- Salad, lettuce, cheese, carrot, tomato, cucumber, capsicum \$6.50
- Ham salad \$6.50
- Ham, lettuce, tomato, cheese, carrot, cucumber, avocado \$6.50

Salads: small \$4.50 large \$6.50

- Greek salad (Cucumber, tomato, Spanish onion, capsicum, olives, feta, lettuce)
- Chicken Caesar salad (Chicken, lettuce, bacon, parmesan, cheese croutons)
- Tabouli salad (Tabouli, chicken or falafel, grated carrot, cucumber, hummus, homemade pita crackers)
- Garden salad (Lettuce, tomato, cucumber, onion, carrot, cheese)

Sandwiches fresh:

Breads – white, whole meal, multigrain

Gluten free available extra 50cents

- Chicken, lettuce, mayonnaise \$5.00
- Ham, cheese, tomato \$4.50
- Chicken, tabouli, hummus \$5.00
- Lettuce, tomato, cucumber, beetroot, onion, carrot \$4.50
- Cheese \$3.50
- Egg, lettuce \$4.00
- Ham-avocado or chicken \$4.50
- Add ons 50 cents

Pasta:

Gluten free pasta available (extra 50cents)

- Spaghetti Bolognese \$6.00
- Chicken fettucine in white cream sauce with mixed vegetables \$6.00
- Beef Lasagna \$6.50
- Vegetarian Lasagna \$5.50
- Mac n Cheese \$5.50

Hot Dishes:

- Butter chicken rice \$6.00
- Special fried rice \$6.50
- Hokkien noodles with fresh vegetables in honey sauce \$6.00
- Special fried rice – ham or chicken Veggie \$6.50

Other Hot Food:

- Lean beef pie \$4.50

- Lean sausage roll \$4.00
- Spinach Ricotta Roll \$4.50
- Garlic bread \$2.50
- Oven baked wedges (only available Tuesdays) \$4.50
- Pizza (only available Mondays) \$5.00 slice
 - Ham pineapple
 - Chicken cheese
 - Four cheeses
 - Meat Lovers

- Sushi (Tuesdays only) \$4.50

Burgers:

- Grilled chicken burger \$6.50
- Grilled chicken, lettuce, mayo \$6.50
- Cheeseburger \$6.50
- Beef patty, cheese, sauce \$6.50
- Beef, cheese, BBQ sauce, tomato, beetroot, lettuce \$6.50
- Vegetarian burger \$6.50
(Vegetarian patty, lettuce, tomato, beetroot, cheese optional, BBQ or tomato sauce)
- Chicken, pineapple, cheese \$6.50

Fresh Wraps: Single wrap - \$4.50 Double - \$6.50

- Chicken, bacon, cheese, lettuce Caesar dressing
- Sweet chilli sauce, chicken, cheese

Other snacks:

- Red rock chips – honey soy, salt n vinegar, sweet chilli, sea salt \$3.00
- Assorted jelly cups \$2.50
- Snack pots:
 - Carrot sticks, cherry tomatoes, celery sticks, hummus dip, crackers \$4.00
 - Mainland cheese-cracker packs (assorted flavours) \$3.00
 - Popcorn snack packs \$3.00
 - Cheese bacon rolls \$3.00
 - Vegemite scrolls \$3.00
 - Mixed dried fruits \$2.50
 - Sultanas \$2.00

Frozen treats:

- Twisted yoghurt – vanilla-chocolate strawberry/mango \$3.00
- Moosies Chocolate Bluemoon \$3.00
- Apple blackcurrant slushies \$2.50
- Lemonade icy pole \$2.50

Drinks:

- Boost Smoothie \$5.00
- Chilly J's sparkling mineral water \$3.50
Grape, watermelon, orange, lemonade
- Assorted poppers \$2.50
Apple
- Flavoured milk - small \$3.00
- Flavoured milk – large \$4.50
Chocolate, strawberry, iced coffee, vanilla, Ice Break coffee

Specials:

- Dumplings with soy sauce \$6.00
- Arancini balls \$6.00
- Fried rice, chicken wings \$6.00
- Spring rolls \$6.00
- Nachos – beef, cheese, sour cream \$6.00
- Sushi \$4.50-\$5.00
- Satay Vegetable curry \$6.00
- Risotto \$6.00
- Ravioli \$6.00
- Burrito \$6.50
- Spinach ricotta triangles \$5.00
- Vietnamese paper rolls - Rolld \$6.50
- Vegetarian spring rolls \$6.00
- Chicken wings \$6.00