



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 - Fresh fruit & Yoghurt

Plain milk cup		OF V	\$2.00
Hot chocolate		V	\$2.00
Hash brown		V	\$1.50
Homemade cookies x 1 (made fresh daily)		V	\$1.00
Homemade fresh muffins (made fresh daily)		V	\$2.00
Vegemite toast		OFA V LF	\$2.00
Jam or honey toast		OFA V LF	\$2.00
Corn flakes cup		V	\$2.50
Pancakes x 2 with honey		V	\$3.00
Cheese toastie		OFA V	\$3.50
Cheese & lean ham toastie		OFA	\$4.00
Whole fresh fruit each		OF V LF	\$1.50
Freshly cut veggie cup		OF V LF	\$2.00
Fresh grapes cup (seasonal)		OF V LF	\$2.50
Fresh cut watermelon cup		OF V LF	\$2.50
Fresh diced fruit cup		OF V LF	\$3.00
Vanilla yoghurt (low fat)		OF V	\$3.00
Yoghurt with fruit or muesli cup		V	\$3.50
Watermelon pieces in a bowl (12oz)		OF V LF	\$4.00
Seasonal fresh fruit salad bowl (12oz)		OF V LF	\$4.00
Fresh fruit salad with yoghurt bowl (12oz)		OF V	\$4.50

Hot Food

Corn cob		OF V LF	\$1.50
Chicken & corn roll			\$2.00
Fresh chicken wings x 1		OF LF	\$3.00
Potato wedges or potato gems		V	\$3.00
Noodle cup chicken or beef			\$4.00
Beef or chicken hot dog			\$4.00
Chicken nuggets or goujonettes			\$4.50
Garlic bread (small)		V	\$2.00
Garlic & cheese bread (small)		V	\$2.50
Cheese pizza sub		V	\$2.50
Homemade pizza with cheese		V	\$5.00
Homemade pizza with lean ham & cheese			\$5.50
Homemade hawaiian pizza			\$5.50
Nachos with salsa & cheese (small)		V	\$3.50
Sausage roll			\$5.50
Meat pie			\$6.00
Beef meatball sub w/napolitana sauce/cheese			\$4.50
Chicken meatball sub w/napolitana sauce/cheese			\$4.50
Grilled chicken souvlaki on a roll		LF	\$5.00
Grilled chicken souvlaki wrap		LF	\$5.00
Chicken breast fillet burger with lettuce & mayo			\$5.50
Chicken burger			\$5.50
Cheeseburger			\$5.50
Aussie lean beef burger with lettuce/tomato		LF	\$5.50
Fillet-O-Fish burger with lettuce & mayo			\$5.50

SANDWICHES & WRAPS

Cheese		OFA V	\$3.50
Cheese & tomato		OFA V	\$4.00
Lean ham & cheese		OFA	\$4.00
Lean ham, cheese & tomato		OFA	\$4.50
Tuna, lettuce & mayo			\$4.50
Salad (lettuce, tomato, carrot, cucumber)		OFA V LF	\$4.50
Fresh chicken, lettuce & mayo			\$4.50

SALADS

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

Lean ham salad		OF LF	\$4.50
Tuna salad		OF V LF	\$4.50
Greek salad		OF V	\$5.00
Fresh chicken breast salad		OFA LF	\$5.00
Fresh chicken avocado salad		OF LF	\$5.00
Fresh chicken caesar salad		OFA	\$5.00
Fresh chicken breast pasta salad			\$5.00

SUSHI

Veggie		OF V LF	\$4.50
Tuna		OF LF	\$4.50
Beef		OF LF	\$4.50
Teriyaki chicken		OF LF	\$4.50

Daily specials available

Mac & cheese		OFA V	\$4.50
Napolitana pasta		OFA LF	\$4.50
Pasta bolognaise		OFA LF	\$5.00
Pasta with meatballs		OFA	\$5.00
Butter chicken & rice		OFA	\$5.00
Beef lasagne			\$6.00
Vegetarian lasagne		V	\$6.00

Gluten Free options available extra \$1.00

Beverages

Water 400ml		OF V LF	\$2.00
Water 600ml		OF V LF	\$2.50
Popper 99% juice 250ml		V LF	\$2.50
Milk 300ml (plain)		OF V	\$3.00
UP & GO 250ml		V	\$3.50
Light milk 300ml		OF V	\$3.50

Tasty treats

Bread sticks x 2		V LF	\$1.00
Popcorn		OF V LF	\$1.50
Assorted chips from		OF V	\$2.50
Quelch 99% fruit juice sticks		OF V LF	\$1.00
Sour snap stix		OF V LF	\$2.00
Frozen orange or mandarin wedges cup		OF V LF	\$2.50
Frozen grapes cup		OF V LF	\$2.50
Frozen watermelon cup		OF V LF	\$2.50
Frozen 99% juice small cup		OF V LF	\$1.00
Frozen 99% juice cup		OF V LF	\$2.00
99% frozen nippy's juice cup		OF V LF	\$2.00
Frozen plain milk cup		V	\$1.50
Frozen flavoured milk cup		V	\$1.50
Ice many freeze pops		V	\$2.50
Jelly or Custard cup LF			small \$1.00 large \$2.00
Vanilla ice cream cup (98% fat free)		OF V	\$3.30

We have all types of bread: White, Wholemeal or Multigrain, Wraps, White Roll or Focaccia Gluten Free sliced bread extra \$1.00

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