



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		
Plain milk cup		\$2.00
Fresh cut veggie cup		\$2.00
Vegemite toast		\$2.00
Jam or honey toast		\$2.00
Hot chocolate		\$2.50
Corn flakes cup		\$2.50
Pancakes x 2 with honey		\$3.00
Cheese toastie		\$3.50
Cheese & lean ham toastie		\$4.50
Vanilla yoghurt (low fat)		\$3.00

SANDWICHES		
Cheese		\$3.50
Cheese & tomato		\$4.00
Lean ham & cheese		\$4.50
Lean ham, cheese & tomato		\$5.00
Tuna, lettuce & mayo		\$5.00
Salad (lettuce, tomato, carrot, cucumber)		\$5.00
Fresh chicken, lettuce & mayo		\$5.50

WRAPS & ROLLS		
Cheese		\$4.50
Cheese & tomato		\$5.00
Lean ham & cheese		\$5.50
Lean ham, cheese & tomato		\$6.00
Tuna, lettuce & mayo		\$6.00
Salad (lettuce, tomato, carrot, cucumber)		\$6.00
Fresh chicken, lettuce & mayo		\$6.50

HOT FOOD		
Corn cob		\$1.50
Hash brown		\$2.00
Chicken & corn roll		\$2.50
Fresh chicken wings x 1		\$3.00
Potato gems x 10		\$3.00
Potato wedges (bag 100g)		\$3.00
Noodle cup chicken		\$4.50
Noodle cup beef		\$4.50
Beef or chicken hot dog NO FREE SAUCE		\$4.50
Chicken nuggets (5 pieces)		\$5.00
Chicken goujonettes (4 pieces)		\$5.00
Garlic bread (small)		\$1.50
Garlic & cheese bread (small)		\$2.00
Cheese pizza sub		\$3.00
Homemade pizza with cheese		\$6.00
Homemade pizza with lean ham & cheese		\$6.50
Homemade hawaiian pizza		\$6.50
Nachos with salsa & cheese (small)		\$4.00
Sausage roll NO FREE SAUCE		\$5.50
Meat pie NO FREE SAUCE		\$6.00
Potato or curry pie		\$6.50
Beef lasagne		\$6.50
Vegetarian lasagne		\$6.50
Beef meatball sub w/napolitana sauce/cheese		\$5.50
Chicken meatball sub w/napolitana sauce/cheese		\$5.50
Grilled chicken souvlaki on a roll		\$5.50
Grilled chicken souvlaki wrap		\$5.50
Chicken breast fillet burger with lettuce & mayo		\$6.50
Chicken burger		\$6.50
Cheeseburger		\$6.00
Aussie lean beef burger with lettuce/tomato		\$6.50
Fillet-O-Fish burger with lettuce & mayo		\$6.50

FRESH FRUIT & YOGHURT		
Whole fresh fruit each		\$1.50
Freshly cut veggie cup		\$2.00
Fresh grapes cup (seasonal)		\$3.00
Fresh cut watermelon cup		\$3.00
Fresh diced fruit cup		\$3.50
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 bowl)		
Garden salad		\$5.00
Cheese salad		\$6.00
Lean ham salad		\$6.00
Tuna salad		\$6.00
Greek salad		\$6.00
Fresh chicken breast salad		\$6.00
Fresh chicken avocado salad		\$6.00
Caesar salad (No chicken)		\$6.00
Fresh chicken caesar salad		\$6.00
Fresh chicken breast pasta salad		\$6.00

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

SUSHI		
Veggie		\$5.50
Tuna		\$5.50
Beef		\$5.50
Teriyaki chicken		\$5.50

VEGGIE & OTHER SNACK PACKS		
Veggie cup with hommus		\$3.00
Veggie bowl (carrots,celery,corn,tomatoes,bread sticks)		\$4.50
Veggie bowl with cheese cubes & bread sticks		\$5.00
Veggie bowl with fresh chicken breast & bread sticks		\$5.50

CRUNCH N SIP PACKS		
Fresh piece of fruit & water 400ml		\$3.00
Fresh orange or mandarin wedges & water 400ml		\$3.50
Freshly cut veggie cup & water 400ml		\$3.50
Fresh diced fruit cup & water 400ml		\$4.00

SNACKS & FROZEN ITEMS		
Bread sticks x 4		\$2.00
Homemade cookies x 1 (made fresh daily)		\$1.30
Homemade fresh muffins (made fresh daily)		\$2.00
Gummy bear x3		\$1.00
Popcorn		\$1.50
Monster noodle snacks		\$2.00
Rice sticks cheese		\$2.50
Delites rice snacks 20g		\$2.50
Grain waves 22g		\$3.00
Red rock deli chips 28g		\$2.80
Quelch 99% fruit juice sticks		\$1.00
Sour snap stix		\$2.00
Frozen orange or mandarin wedges cup		\$2.50
Frozen grapes cup		\$3.00
Frozen watermelon cup		\$3.00
Frozen 99% juice small cup		\$1.00
Frozen 99% juice cup		\$2.00
99% frozen nippy's juice cup		\$2.50
Frozen plain milk cup		\$2.00
Frozen milk cup (chocolate, strawberry)		\$2.50
Frozen jelly small cup		\$1.00
Frozen jelly cup		\$2.00
Ice many freeze pops		\$2.50
Vanilla ice cream cup (98% fat free)		\$3.50
Custard small cup		\$1.50
Custard cup		\$2.50
Jelly & custard cup		\$3.00
Chocolate custard cup		\$3.00

HOMEMADE MENU		
AVAILABLE EVERY DAY		
Pasta bolognaise		\$6.00
Mac & cheese		\$6.00
Pasta with meatballs		\$6.00
Monday Veggie fried rice		\$6.00
Tuesday Chicken napolitana pasta		\$6.00
Wednesday Butter chicken & rice		\$6.00
Thursday Napolitana pasta		\$6.00
Friday Chicken hokkien noodles		\$6.00

Gluten Free options available extra \$1.50

DAZZLING MEAL DEALS...		
If you buy a meal combo you would save up to \$2.00		
Pack 1 \$5.50	CHEESE SANDWICH	Water 400ml + frozen stix or fruit
Pack 2 \$7.00	SALAD SANDWICH	Water 400ml + frozen stix or fruit
Pack 3 \$7.50	MEATBALL SUB (small)	Water 400ml + frozen stix or fruit
Pack 4 \$8.00	PASTA BOLOGNAISE	Water 400ml + frozen stix or fruit
Pack 5 \$8.50	CHICKEN BURGER	Water 400ml + frozen stix or fruit
Pack 6 \$8.30	LASAGNE beef or Vegetarian	Water 400ml + frozen stix or fruit

MILK - JUICES - DRINKS		
Water 400ml		\$2.00
Water 600ml		\$2.50
Popper 99% juice 250ml		\$2.80
Milk 300ml (plain)		\$3.00
UP & GO 250ml		\$3.30
Light milk 300ml		\$3.50

Extra fillings 0.80c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

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, sauce each 50c, CUTLERY 50c

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS