



# 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	☒ GF V	\$2.00
☒ Vegemite toast	☒ GFA V LF	\$2.00
☒ Jam or honey toast	☒ GFA V LF	\$2.00
☒ Hot chocolate	V	\$2.50
☒ Cheese toastie	☒ GFA V	\$3.50
☒ Cheese & lean ham toastie	☒ GFA	\$4.50
☒ Corn flakes cup	V	\$2.50
☒ Pancakes x 2 with honey	V	\$3.00
☒ Cheese & egg roll (SENIOR ONLY)		\$5.00
☒ Lean ham & egg roll (SENIOR ONLY)		\$5.50



## SANDWICHES

☒ Cheese	☒ GFA V	\$3.50
☒ Cheese & tomato	☒ GFA V	\$4.00
☒ Lean ham & cheese	☒ GFA	\$4.50
☒ Lean ham, cheese & tomato	☒ GFA	\$5.00
☒ Tuna, lettuce & mayo		\$5.00
☒ Salad (lettuce, tomato, carrot, cucumber)	☒ GFA V LF	\$5.00
☒ Fresh chicken, lettuce & mayo		\$5.50
☒ Curried egg (SENIOR ONLY)		\$5.50



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

## WRAPS

☒ Cheese	☒ GFA V	\$4.50
☒ Cheese & tomato	☒ GFA V	\$5.00
☒ Lean ham & cheese	☒ GFA	\$5.50
☒ Lean ham, cheese & tomato	☒ GFA	\$6.00
☒ Tuna, lettuce & mayo		\$6.00
☒ Salad (lettuce, tomato, carrot, cucumber)	☒ GFA V LF	\$6.00
☒ Fresh chicken, lettuce & mayo		\$6.50
☒ Curried egg & lettuce (SENIOR ONLY)		\$6.50



## HOT FOOD

☒ Corn cob	☒ GF V LF	\$1.50
☒ Hash brown	V	\$2.00
☒ Chicken & corn roll		\$2.50
☒ Fresh chicken wings x 1	☒ GF LF	\$3.00
☒ Potato gems x 10	V	\$3.50
☒ Potato wedges (bag 100g)	V	\$3.00
☒ Noodle cup chicken		\$4.50
☒ Noodle cup beef		\$4.50
☒ Beef or chicken hot dog		\$4.50
☒ Chicken nuggets (5 pieces)		\$5.00
☒ Chicken goujonettes (4 piece)		\$5.00
☒ Garlic bread (small)	V	\$1.50
☒ Garlic & cheese bread (small)	V	\$2.00
☒ Cheese pizza sub	V	\$3.00
☒ Homemade pizza with cheese	V	\$6.00
☒ Homemade pizza with lean ham & cheese		\$6.50
☒ Homemade hawaiian pizza		\$6.50
☒ Nachos with salsa & cheese (small)	V	\$4.00
☒ Nachos with salsa & cheese (SENIOR ONLY)	V	\$6.00
☒ Sausage roll		\$5.50
☒ Meat pie		\$6.00
☒ Potato or curry pie		\$6.50
☒ Beef lasagne		\$6.50
☒ Vegetarian lasagne	V	\$6.50
☒ Small beef or chicken meatball sub w/napolitana sauce/cheese		\$5.50
☒ Large beef or chicken meatball sub w/napolitana sauce/cheese		\$6.50
☒ Small grilled chicken souvlaki on a roll or wrap	☒ LF	\$5.50
☒ Large grilled chicken souvlaki on a roll or wrap	☒ LF	\$7.00
☒ Sweet chilli chicken tender wrap		\$7.00
☒ Veggie pattie burger	V	\$6.50
☒ Chicken breast fillet burger with lettuce & mayo		\$6.50
☒ Chicken burger		\$6.50
☒ Cheeseburger		\$6.50
☒ Aussie lean beef burger with lettuce/tomato	☒ LF	\$7.00
☒ Fillet-O-Fish burger with lettuce & mayo		\$6.50



## FRESH FRUIT & YOGHURT

☒ Whole fresh fruit each	☒ GF V LF	\$1.50
☒ Freshly cut veggie cup	☒ GF V LF	\$2.00
☒ Fresh cut watermelon cup	☒ GF V LF	\$3.00
☒ Fresh grapes cup (seasonal)	☒ GF V LF	\$3.00
☒ Fresh diced fruit cup	☒ GF V LF	\$3.50
☒ Vanilla yoghurt (low fat)	☒ GF V	\$3.00
☒ Yoghurt with fruit or muesli cup	V	\$4.00
☒ Watermelon pieces in a bowl (12oz)	☒ GF V LF	\$5.50
☒ Seasonal fresh fruit salad bowl (12oz)	☒ GF V LF	\$6.00
☒ Fresh fruit salad with yoghurt bowl (12oz)	☒ GF V	\$6.50



## SALADS (All Salads served in 12oz bowl)

☒ Garden salad	☒ GF V LF	\$5.00
☒ Cheese salad	☒ GF V	\$6.00
☒ Lean ham salad	☒ GF LF	\$6.00
☒ Tuna salad	☒ GF V LF	\$6.00
☒ Greek salad	☒ GF V	\$6.00
☒ Fresh chicken breast salad	☒ GFA LF	\$6.00
☒ Fresh chicken avocado salad	☒ GF LF	\$6.00
☒ Caesar salad (No chicken)	☒ GFA	\$6.00
☒ Fresh chicken caesar salad	☒ GFA	\$6.00
☒ Fresh chicken breast pasta salad		\$6.00



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

## SUSHI

☒ Veggie	☒ GF V LF	\$5.50
☒ Tuna	☒ GF LF	\$5.50
☒ Beef	☒ GF LF	\$5.50
☒ Teriyaki chicken	☒ GF LF	\$5.50



## MILK - JUICES - DRINKS

☒ Water 400ml	☒ GF V LF	\$2.00
☒ Water 600ml	☒ GF V LF	\$2.50
☒ Popper 99% juice 250ml	☒ V LF	\$2.80
☒ Milk 300ml (plain)	☒ GF V	\$3.00
☒ UP & GO 250ml	V	\$3.30
☒ Light milk 300ml	☒ GF V	\$3.50



### ONLY FOR SENIOR STUDENTS

☒ Can of drink 375ml (sugar free)	☒ GF V LF	\$3.50
☒ Homemade custard tart		\$4.50
☒ Plain milk 600ml	☒ GF V	\$4.50
☒ Flavoured milk 500ml	☒ V	\$5.50
☒ Waterfords lite & fruity	☒ V LF	\$5.00
☒ Lipton light peach ice tea	☒ GF V LF	\$5.50



## SNACKS & FROZEN ITEMS

☒ Bread sticks x 4	☒ V LF	\$2.00
☒ Homemade cookies x 1 (made fresh daily)	V	\$1.30
☒ Homemade fresh muffins (made fresh daily)	V	\$2.00
☒ Homemade fresh muffins (SENIOR ONLY)	V	\$3.00
☒ Gummy bear x 3		\$1.00
☒ Popcorn	☒ GF V LF	\$1.50
☒ Monster noodle snacks		\$2.00
☒ Rice sticks cheese	V	\$2.50
☒ Delites rice snacks 20g	☒ GF V	\$2.50
☒ Grain waves 22g	V	\$3.00
☒ Red rock deli chips 28g	☒ GF V	\$3.00
☒ Quelch 99% fruit juice sticks	☒ V LF	\$1.00
☒ Sour snap stix	☒ GF V LF	\$2.00
☒ Frozen 99% juice small cup	☒ GF V LF	\$1.00
☒ Frozen 99% juice cup	☒ GF V LF	\$2.00
☒ 99% frozen nippy's juice cup	☒ GF V LF	\$2.50
☒ Frozen milk cup (chocolate, strawberry)	V	\$2.50
☒ Frozen jelly small cup	☒ LF	\$1.00
☒ Frozen jelly cup	☒ LF	\$2.00
☒ Ice mony freeze pops	V	\$2.50
☒ Vanilla ice cream cup (98% fat free)	☒ GF V	\$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 bolognese	☒ GFA LF	\$6.00
☒ Mac & cheese	V	\$6.00
☒ Pasta with meatballs	☒ GFA	\$6.00



☒ Monday	Veggie fried rice	☒ GF V LF	\$6.00
☒ Tuesday	Chicken napolitana pasta	☒ GFA LF	\$6.00
☒ Wednesday	Butter chicken & rice		\$6.00
☒ Thursday	Napolitana pasta	☒ GFA V LF	\$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	<b>CHEESE SANDWICH</b>
☒ GFA V	Water 400ml + frozen stix or fruit
☒ Pack 2 \$7.00	<b>SALAD SANDWICH</b>
☒ GFA V LF	Water 400ml + frozen stix or fruit
☒ Pack 3 \$7.50	<b>MEATBALL SUB (small)</b>
	Water 400ml + frozen stix or fruit
☒ Pack 4 \$8.00	<b>PASTA BOLOGNAISE</b>
☒ GFA LF	Water 400ml + frozen stix or fruit
☒ Pack 5 \$8.50	<b>CHICKEN BURGER</b>
	Water 400ml + frozen stix or fruit
☒ Pack 6 \$8.30	<b>LASAGNE</b> beef or Vegetarian
	Water 400ml + frozen stix or fruit

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 each 50c

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