



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



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
	Curried egg (SENIOR ONLY)	\$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
	Curried egg (SENIOR ONLY)	\$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	\$3.50
	Potato wedges (bag 100g)	\$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 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
	Nachos with salsa & cheese (SENIOR ONLY)	\$6.00
	Sausage roll	\$5.50
	Meat pie	\$6.00
	Potato or curry pie	\$6.50
	Beef lasagne	\$6.50
	Vegetarian lasagne	\$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	\$5.50
	Large grilled chicken souvlaki on a roll or wrap	\$7.00
	Sweet chilli chicken tender wrap	\$7.00
	Veggie pattie burger	\$6.50
	Chicken breast fillet burger with lettuce & m	\$6.50
	Chicken burger	\$6.50
	Cheeseburger	\$6.50
	Aussie lean beef burger with lettuce/tomato	\$7.00
	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	\$4.00
	Watermelon pieces in a bowl (12oz)	\$5.50
	Seasonal fresh fruit salad bowl (12oz)	\$6.00
	Fresh fruit salad with yoghurt bowl (12oz)	\$6.50



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



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



ONLY FOR SENIOR STUDENTS

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



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

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
	Homemade fresh muffins (SENIOR ONLY)	\$3.00
	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	\$3.00
	Quelch 99% fruit juice sticks	\$1.00
	Sour snap stix	\$2.00
	Frozen 99% juice small cup	\$1.00
	Frozen 99% juice cup	\$2.00
	99% frozen nippy's juice cup	\$2.50
	Frozen milk cup (chocolate, strawberry)	\$2.50
	Frozen jelly small cup	\$1.00
	Frozen jelly cup	\$2.00
	Ice mony 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



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 20oz extra \$2.00
Sauce each 50c - Cutlery each 50c

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS