



Made Fresh Canteen Menu



If Gluten Free food is required please order before 9am

BREAKFAST

E Plain milk	\$1.00
E Vegemite	\$1.50
E Jam or honey toast	\$1.50
E Hot chocolate	\$1.50
E Toasted cheese sub	\$2.00
E Toasted cheese & lean ham sub	\$2.50
E Corn flakes bowl	\$2.50
E Pancakes x2 with honey	\$2.50
E Cheese & egg roll (Senior only)	\$4.50
E Lean ham & egg roll (Senior only)	\$5.00



Good Morning

SANDWICHES

E Vegemite or jam or honey toast	\$1.50
E Salad (lettuce, tomato, carrot, cucumber)	\$4.50
E Lean ham, cheese & tomato	\$4.50
E Fresh chicken	\$4.50
E Tuna, lettuce & mayo	\$4.50
E Curried Egg (Senior only)	\$4.50



WRAPS & ROLLS

E Cheese & tomato	\$3.50
E Salad (lettuce, tomato, carrot, cucumber)	\$5.00
E Lean ham, cheese & tomato	\$5.00
E Tuna, lettuce & mayo	\$5.00
E Fresh chicken lettuce & mayo	\$5.00
E Egg, lettuce & mayo (Senior only)	\$5.00



Extra fillings 0.50c each lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings \$1.00 each cheese, ham, chicken, egg, pineapple, avocado

HOT FOOD

E Corn cob	\$1.00
E Garlic bread (small)	\$1.00
E Garlic & cheese bread (small)	\$1.50
E Fresh chicken wings x1	\$1.80
E Cheese pizza sub	\$2.50
E Small beef or chicken meatball sub w/napolitana sauce/cl	\$4.50
E Large beef or chicken meatball sub w/napolitana sauce/cl	\$6.00
E Small grilled chicken souvlaki on a roll or wrap	\$4.50
E Large grilled chicken souvlaki on a roll or wrap	\$6.00
E Homemade pizza with cheese	\$5.00
E Homemade pizza with lean ham & cheese	\$5.50
E Homemade hawaiian pizza	\$5.50
E Beef lasagne (non halal)	\$5.50
E Vegetarian lasagne	\$5.50
E Cheeseburger	\$6.00
E Aussie lean beef burger lettuce/tomato	\$6.00
E Chicken breast fillet burger lettuce & mayo	\$6.00



FRESH FRUIT & YOGHURT

E Whole fresh fruit each	\$1.50
E Fresh cut veggie cup	\$1.50
E Fresh grapes cup (seasonal)	\$2.00
E Fresh cut watermelon cup	\$2.00
E Fresh diced fruit cup	\$2.50
E Vanilla yoghurt (low fat)	\$2.50
E Yoghurt with fruit or muesli cup	\$3.00
E Watermelon pieces in a bowl (12oz)	\$4.00
E Seasonal fresh fruit salad bowl (12oz)	\$4.50
E Fresh fruit salad with yoghurt bowl (12oz)	\$5.00



SALADS

(All Salads served in 12oz Dome)

E Garden salad	\$4.50
E Tuna salad	\$5.00
E Cheese salad	\$5.00
E Lean ham salad	\$5.00
E Caesar salad	\$5.00
E Fresh chicken breast salad	\$5.50
E Fresh chicken breast pasta salad	\$5.50
E Fresh chicken avocado salad	\$5.50
E Greek salad	\$5.50
E Fresh chicken Caesar salad	\$5.50

All salads are available every day if you pre order before 9am



SUSHI

E Tuna	\$4.50
E Veggie	\$4.50
E Teriyaki chicken	\$4.50



HOMEMADE MENU

Australian, European, Asian & Mexican Meals

E AVAILABLE EVERY DAY	Pasta bolognese	\$5.00
E AVAILABLE EVERY DAY	Mac & cheese	\$5.00
E AVAILABLE EVERY DAY	Chicken napolitana pasta	\$5.00
E AVAILABLE EVERY DAY	Pasta with beef meatballs	\$5.00
E AVAILABLE EVERY DAY	Pasta with chicken meatballs	\$5.00
E Monday	Veggie fried rice	\$5.00
E Tuesday	Mexican chicken burrito skillet & rice	\$5.00
E Wednesday	Teriyaki chicken stir fry & steamed rice	\$5.00
E Thursday	Thai red curry chicken, vegetables & rice	\$5.00
E Friday	Chicken hokkien noodles	\$5.00

Gluten Free options available extra \$1.00

DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

E PACK 1	CHEESE SANDWICH	\$3.50
	Water 400ml + frozen stick or fruit	
E PACK 2	SALAD SANDWICH	\$5.50
	Water 400ml + frozen stick or fruit	
E PACK 3	MEATBALL SUB	\$6.00
	Water 400ml + frozen stick or fruit	
E PACK 4	PASTA BOLOGNAISE	\$6.00
	Water 400ml + frozen stick or fruit	
E PACK 5	CHICKEN & CHEESE ROLL	\$6.50
	Water 400ml + frozen stick or fruit	
E PACK 6	LASAGNE beef or vegetarian	\$7.00
	Water 400ml + frozen stick or fruit	

SNACKS & FROZEN TREATS

E Frozen 99% juice small cup	50c
E Plain or frozen 99% juice-jelly small cup	80c
E Custard small cup	80c
E Frozen 99% juice cup	\$1.00
E Bread sticks x 4	\$1.00
E Quelch 99% fruit juice sticks	\$1.00
E Frozen jelly cup	\$1.30
E Custard cup	\$1.50
E Frozen milk cup (chocolate, strawberry)	\$1.80
E 99% frozen nippy's juice cup	\$2.00
E Ice many freeze pops	\$2.00
E Chocolate custard cup	\$2.00



OCCASIONAL ITEMS AVAILABLE

HOT FOOD

E Hash brown	\$1.30
E Chicken & corn roll	\$1.80
E Potato gems x10	\$2.00
E Potato wedges (bag 100g)	\$2.50
E Nachos with salsa & cheese	\$3.50
E Noodles cup	\$3.80
E Beef or chicken hot dog (one free sauce)	\$4.00
E Chicken nuggets (5 pieces)	\$4.00
E Chicken Goujonettes (4 pieces)	\$4.00
E Sausage roll (one free sauce)	\$4.80
E Meat pie (one free sauce)	\$5.50
E Potato or curry pie	\$6.00
E Veggie pattie burger	\$6.00
E Chicken burger	\$6.00
E Sweet chilli chicken tender wrap	\$6.50
E Fillet-O-Fish burger with lettuce & mayo	\$6.50



SNACKS & DRINKS

E Homemade cookies x1 (freshly made daily)	50c
E Gummy bear x3	\$1.00
E Popcorn	\$1.00
E Monster noodle snacks (Chicken or BBQ)	\$1.30
E Rice sticks cheese	\$2.00
E Jelly cup	\$1.30
E Homemade fresh muffins (freshly made daily)	\$1.50
E Jelly & Custard cup	\$2.00
E Vanilla ice cream cup	\$2.00
E Grain waves 22g	\$2.50
E Red rock deli chips 28g	\$2.50
ONLY FOR SENIOR STUDENTS	
E Can of drink 375ml (sugar free)	\$3.00
E Homemade Custard tart	\$3.50
E Waterfords lite & fruity 500ml	\$4.50
E Lipton lite peach iced tea 500ml	\$5.50



We have all types of bread: White, Wholemeal or Multigrain, Wraps, White Roll or Focaccia

Gluten Free Bread extra \$1.00 Gluten Free Tortilla extra \$1.00 Gluten Free Focaccia extra \$2.00

Upsize Salad, Fruit Salad to 200z extra \$1.50 Extra Sauce or Cutlery each 30c

Milk is available at lunch time

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS