



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	OF V	\$1.50
	Fresh cut veggie cup	GF V LF	\$1.50
	Vegemite toast	GFA V LF	\$2.00
	Jam or honey toast	GFA V LF	\$2.00
	Hot chocolate	V	\$2.00
	Corn flakes bowl	V	\$2.50
	Pancakes x 2 with honey	V	\$3.00
	Cheese toastie	GFA V	\$3.00
	Cheese & lean ham toastie	GFA	\$3.50
	Vanilla yoghurt (low fat)	OF V	\$3.00



Good Morning



SANDWICHES			
	Cheese	GFA V	\$3.50
	Cheese & tomato	GFA V	\$3.80
	Lean ham & cheese	GFA	\$3.80
	Lean ham, cheese & tomato	GFA	\$4.50
	Tuna, lettuce & mayo	V	\$4.50
	Salad (lettuce, tomato, carrot, cucumber)	GFA V LF	\$4.00
	Fresh chicken, lettuce & mayo	V	\$4.50



WRAPS			
	Cheese	GFA V	\$4.00
	Cheese & tomato	GFA V	\$4.30
	Lean ham & cheese	GFA	\$4.30
	Lean ham, cheese & tomato	GFA	\$5.00
	Tuna, lettuce & mayo	V	\$5.00
	Salad (lettuce, tomato, carrot, cucumber)	GFA V LF	\$4.50
	Fresh chicken, lettuce & mayo	V	\$5.00



HOT FOOD			
	Corn cob	OF V LF	\$1.00
	Hash brown	V	\$1.50
	Chicken & corn roll	V	\$2.00
	Fresh chicken wings x 1	GF LF	\$2.00
	Potato gems x 10	V	\$3.00
	Potato wedges (bag 100g)	V	\$3.00
	Noodle cup chicken	V	\$3.50
	Noodle cup beef	V	\$3.50
	Beef or chicken hot dog	V	\$3.50
	Chicken nuggets (5 pieces)	V	\$4.50
	Chicken goujonettes (4 pieces)	V	\$4.50
	Garlic bread (small)	V	\$2.00
	Garlic & cheese bread (small)	V	\$2.50
	Cheese pizza sub	V	\$3.00
	Homemade pizza with cheese	V	\$5.00
	Homemade pizza with lean ham & cheese	V	\$5.50
	Homemade hawaiian pizza	V	\$5.50
	Nachos with salsa & cheese (small)	V	\$3.50
	Sausage roll	V	\$4.50
	Meat pie	V	\$4.80
	Potato or curry pie	V	\$4.80
	Beef lasagne	V	\$5.00
	Vegetarian lasagne	V	\$5.00
	Beef meatball sub w/napolitana sauce/cheese	V	\$4.50
	Chicken meatball sub w/napolitana sauce/cheese	V	\$4.50
	Grilled chicken souvlaki on a roll	LF	\$4.50
	Grilled chicken souvlaki wrap	LF	\$4.50
	Chicken breast fillet burger with lettuce & mayo	V	\$5.50
	Chicken burger	V	\$5.00
	Cheeseburger	V	\$5.00
	Aussie lean beef burger with lettuce/tomato	LF	\$5.00
	Fillet-O-Fish burger with lettuce & mayo	V	\$5.00



FRESH FRUIT & YOGHURT			
	Whole fresh fruit each	OF V LF	\$1.50
	Freshly cut veggie cup	GF V LF	\$2.00
	Fresh grapes cup (seasonal)	GF V LF	\$2.50
	Fresh cut watermelon cup	GF V LF	\$3.00
	Fresh diced fruit cup	GF V LF	\$3.00
	Vanilla yoghurt (low fat)	GF V	\$3.00
	Yoghurt with fruit or muesli cup	V	\$3.50
	Watermelon pieces in a bowl (12oz)	GF V LF	\$4.00
	Seasonal fresh fruit salad bowl (12oz)	GF V LF	\$4.50
	Fresh fruit salad with yoghurt bowl (12oz)	GF V	\$4.00



SALADS (All Salads served in 12oz bowl)			
	Garden salad	OF V LF	\$4.50
	Cheese salad	GF V	\$4.50
	Lean ham salad	GF LF	\$5.00
	Tuna salad	GF V LF	\$5.00
	Greek salad	GF V	\$5.50
	Fresh chicken breast salad	GFA LF	\$5.50
	Fresh chicken avocado salad	GF LF	\$5.50
	Caesar salad (No chicken)	GFA	\$5.00
	Fresh chicken caesar salad	GFA	\$5.50
	Fresh chicken breast pasta salad	V	\$5.50



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

SUSHI			
	Veggie	OF V LF	\$4.00
	Tuna	GF LF	\$4.00
	Beef	GF LF	\$4.00
	Teriyaki chicken	GF LF	\$4.00



VEGGIE & OTHER SNACK PACKS			
	Veggie cup with hommus	GF V LF	\$3.00
	Veggie bowl (carrots,celery,corn,tomatoes,bread sticks)	V LF	\$4.00
	Veggie bowl with cheese cubes & bread sticks	V	\$4.50
	Veggie bowl with fresh chicken breast & bread sticks	LF	\$5.00

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

SNACKS & FROZEN ITEMS			
	Bread sticks x 4	V LF	\$1.50
	Homemade cookies x 1 (made fresh daily)	V	\$1.00
	Homemade fresh muffins (made fresh daily)	V	\$2.00
	Gummy bear x 3	V	\$1.00
	Popcorn	GF V LF	\$1.50
	Monster noodle snacks	V	\$1.50
	Rice sticks cheese	V	\$2.00
	Delites rice snacks 20g	GF V	\$2.00
	Grain waves 22g	V	\$2.50
	Red rock deli chips 28g	GF V	\$2.50
	Quelch 99% fruit juice sticks	V LF	\$1.00
	Sour snap stix	GF V LF	\$2.00
	Frozen orange or mandarin wedges cup	GF V LF	\$2.00
	Frozen grapes cup	GF V LF	\$2.50
	Frozen watermelon cup	GF V LF	\$3.00
	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 plain milk cup	V	\$1.50
	Frozen milk cup (chocolate, strawberry)	V	\$2.50
	Frozen jelly small cup	LF	\$1.00
	Frozen jelly cup	LF	\$2.00
	Ice many freeze pops	V	\$2.50
	Vanilla ice cream cup (98% fat free)	GF V	\$3.00
	Custard small cup	V	\$1.30
	Custard cup	V	\$2.50
	Jelly & custard cup	V	\$3.00
	Chocolate custard cup	V	\$3.00



HOMEMADE MENU			
AVAILABLE EVERY DAY			
	Pasta bolognese	GFA LF	\$5.00
	Mac & cheese	V	\$5.00
	Pasta with meatballs	GFA	\$5.00
	Monday Veggie fried rice	GF V LF	\$5.00
	Tuesday Chicken napolitana pasta	GFA LF	\$5.00
	Wednesday Butter chicken & rice	V	\$5.00
	Thursday Napolitana pasta	GFA V LF	\$5.00
	Friday Chicken hokkien noodles	V	\$5.00
Gluten Free options available extra \$1.00			



DAZZLING MEAL DEALS...			
If you buy a meal combo you would save up to \$2.00			
	Pack 1 \$4.00 CHEESE SANDWICH	GFA V	Water 400ml + frozen stix or fruit
	Pack 2 \$5.00 SALAD SANDWICH	GFA V LF	Water 400ml + frozen stix or fruit
	Pack 3 \$5.50 MEATBALL SUB (small)	V	Water 400ml + frozen stix or fruit
	Pack 4 \$6.00 PASTA BOLOGNAISE	GFA LF	Water 400ml + frozen stix or fruit
	Pack 5 \$6.00 CHICKEN BURGER	V	Water 400ml + frozen stix or fruit
	Pack 6 \$6.00 LASAGNE beef or Vegetarian	V	Water 400ml + frozen stix or fruit

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



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

Extra fillings 0.80c 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 20oz extra \$1.00 Sauce each 50c - Cutlery each 50c

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS