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	$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)	GF V	$3.00

HOT FOOD

Corn cob	GF V LF	$1.00
Hash brown	V	$1.50
Chicken & corn roll		$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		$3.50
Noodle cup beef		$3.50
Beef or chicken hot dog		$3.50
Chicken nuggets (5 pieces)		$4.50
Chicken goujonettes (4 pieces)		$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		$5.50
Homemade hawaiian pizza		$5.50
Nachos with salsa & cheese (small)	V	$3.50
Sausage roll		$4.50
Meat pie		$4.80
Potato or curry pie		$4.80
Beef lasagne		$5.00
Vegetarian lasagne	V	$5.00
Beef meatball sub w/napolitana sauce/cheese		$4.50
Chicken meatball sub w/napolitana sauce/cheese		$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		$5.50
Chicken burger		$5.00
Cheeseburger		$5.00
Aussie lean beef burger with lettuce/tomato	LF	$5.00
Fillet-O-Fish burger with lettuce & mayo		$5.00

HOMEMADE MENU

AVAILABLE EVERY DAY

Pasta bolognaise	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		$5.00
Thursday	Napolitana pasta	GFA V LF	$5.00
Friday	Chicken hokkien noodles		$5.00

Gluten Free options available extra $1.00

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		$4.50
Salad (lettuce, tomato, carrot, cucumber)	GFA V LF	$4.00
Fresh chicken, lettuce & mayo		$4.50

FRESH FRUIT & YOGHURT

Whole fresh fruit each	GF 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

SUSHI

Veggie	GF 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 400m	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

DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to $2.00

Pack 1 $4.00	GFA V	**CHEESE SANDWICH** Water 400ml + frozen stix or fruit
Pack 2 $5.00	GFA V LF	**SALAD SANDWICH** Water 400ml + frozen stix or fruit
Pack 3 $5.50		**MEATBALL SUB** (small) Water 400ml + frozen stix or fruit
Pack 4 $6.00	GFA LF	**PASTA BOLOGNAISE** Water 400ml + frozen stix or fruit
Pack 5 $6.00		**CHICKEN BURGER** Water 400ml + frozen stix or fruit
Pack 6 $6.00		**LASAGNE** beef or Vegetarian Water 400ml + frozen stix or fruit

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		$5.00
Salad (lettuce, tomato, carrot, cucumber)	GFA V LF	$4.50
Fresh chicken, lettuce & mayo		$5.00

SALADS (All Salads served in 12oz bowl)

Garden salad	GF 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		$5.50

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

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		$1.00
Popcorn	GF V LF	$1.50
Monster noodle snacks		$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 mony freeze pops	V	$2.50
Vanilla ice cream cup (98% fat free)	GF V	$3.00
Custard small cup		$1.30
Custard cup		$2.50
Jelly & custard cup		$3.00
Chocolate custard cup		$3.00

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