

C A N T E E N M E N U - 2 0 2 5

BREAKFAST MENU... (everyday items)

Variety of Fresh Fruit	1.00 E
Ham & Cheese Toasted	4.50 E
Croissants Plain	3.50 E
Croissant Ham & Cheese	5.00 E
Toasted Cheese (H)	3.50 E
Toasted Sandwich (Veg, Honey or Jam)	3.00 E
Rice Pudding	5.00 E
Egg Roll	4.50 E
Bacon & Egg Roll	6.50 O
Raisin Roast	2.50 E
Hash Brown	2.00 O
Yogurt 95% (F/F) with Muesli & Fresh Fruit	5.00 E



SANDWICHES... (everyday items)

Vegemite or Honey	3.00 E
Tuna Salad	5.00 E
Mild or Tasty Cheese (H)	4.00 E
Roast Beef with Lettuce & Cheese	5.50 E
Cheese & Tomato	4.50 E
Roast Turkey with Cranberry Sauce	5.00 E
Salad (lettuce, carrot, tomato, cucumber) (V)	5.00 E
Leg Ham, Cheese & Tomato	6.00 E
Tomato	3.50 E
Avocado	3.50 E
Fresh chicken lettuce & mayo	6.00 E
Egg	4.50 E
Egg & Lettuce	5.00 E
Buttered Bread	1.00 E



HOT FOOD...

Garlic Bread Full Roll	3.00 E
Chicken Devil Wing (H)	3.00 E
Hamburger Plain	6.50 E
Cheese Burger	7.50 E
Chicken Burger (H)	6.50 E
Caesar Burger	7.50 E
Portuguese Burger	7.50 E
Vegetarian Burger	6.50 E
Chicken Snitzel Breast on a L/Roll	7.00 E
Chicken Kebab on a L/Roll	7.00 E
Chicken Kebab	4.50 E
Potato Wedges (With Chili or Sour Cream) (H)	5.50 O
Noodles cup (beef or chicken) (H)	4.00 E
Chicken nuggets x4 (H)	3.50 O
Sweet Chili Tender Roll with Lettuce	7.00 O
Hot dog (low fat) (H)	4.50 O
Hot Dog with Cheese	5.00 O
Sausage roll (H)	5.00 O
Meat Pie (H)	5.00 O
Sheppards Pie (H)	5.50 O
Spinach & Ricotta Roll	5.00 E
Hash Browns	2.00 O
Pizza (Variety)	5.00 E



JUICES... (everyday items)

Fresh Juice	Sm 3.50	Lg 5.00 E
Apple Juice		3.50 E
Poppers		3.50 E
Aloe Juice Watermelon, Peach, Original		4.50 E
Juice Bomb		3.50 E
Chill J 100% Fruit Juice		4.50 E
Ice Tea		5.00 O



WRAPS ... (everyday items)

Salad	7.00 E
(Lettuce, Tomato, Carrots, Cucumber Beetroot Red Onion)	7.00 E
Breast Chicken- Lettuce & Mayo	7.00 E
Leg Ham & Salad	7.00 E
Chicken-Cheese & Tomato	7.00 E
Tuna-Lettuce, Tomato & Mayo	7.00 E
Roast beef & Salad	7.00 E
Tandoori Chicken-Cucumber & Lettuce	7.00 E
Chicken Caesar	7.00 E
Falafel-Tabouli, Houmos & Lettuce	7.00 E
(Available) on a Turkish Roll	7.50 E

SALADS... (everyday items)

Freshly Cut Fruit Salad	Sm 5.50	Lg 7.00 E
Garden salad (V)	Sm 5.50	Lg 7.00 E
Tuna Pasta Salad	Sm 5.50	Lg 7.00 E
Caesar Salad	Sm 5.50	Lg 7.00 E
Potato Salad	Sm 5.50	Lg 7.00 E
Fresh Chicken Pasta Salad & Avocado	Sm 5.50	Lg 7.00 E
Tabouli Salad	Sm 5.50	Lg 7.00 E
Greek salad	Sm 5.50	Lg 7.00 E
Coleslaw Salad	Sm 5.50	Lg 7.00 E
Pumpkin & Baby Spinach Salad	Sm 5.50	Lg 7.00 E



All salads
served
in 12oz dome

HOT MEALS... (2 Dishes Rotating everyday)

Beef lasagna (H)	Sm 5.50	
Vegetarian lasagna (V)	Sm 5.50	Lg 7.00 E
Butter Chicken with Rice	Sm 5.50	Lg 7.00 E
Fried Rice (Veg)	Sm 5.50	Lg 7.00 E
Chicken Pasta	Sm 5.50	Lg 7.00 E
Cheese Macaroni	Sm 5.50	Lg 7.00 E
Spaghetti Bolognese	Sm 5.50	Lg 7.00 E
Cream & Cheese Potatoes	Sm 5.50	Lg 7.00 O



SNACKS...

Ice Blocks	RRP E
Twist Frozen Yogurt GF	RRP E
Ice Money TNT	RRP E
Quelch Berry Ice Block	RRP E
Snap Sticks	RRP E
Custard Cups	3.00 E
Jelly Cups	3.00 E
Banana Bread	4.50 O
Muffins	4.50 O



COLD BEVERAGES...

Spring Water		2.50 E
Waterfords Flavoured Sparkling Water		4.50 E
Pepsi Max Cans (No Sugar)		3.00 O
Pepsi Max Bottles (No Sugar)		5.00 O
Milk Shakes (No ice-cream)		4.50 E
Plain Milk	Sm 2.50	Lg 3.50 E
Oak Milk	Sm 3.50	Lg 5.00 E
Up & Go		3.50 E



We have all types of Bread
White, Wholemeal, Multigrain,
Wraps, White Rolls
Or Focaccia