

Canteen Menu

Hot Food

Garlic Bread	2.80
Lean Sausage Roll	4.20
Lean Spinach & Ricotta Roll	4.40
Beef Party Pie- Low Fat	2.80
Cheese Melt (Recess)	2.20
Ham & Cheese Melt (Recess)	3.30
Potato Wedges	4.20
Potato Scallop	1.50
Chicken Goujons (6)	4.20
Chicken Wedges (5)	5.30
Lasagne	4.90
Bacon/Egg Roll	5.60
Bacon/Lettuce/Tomato Roll	5.60
Chicken Burger/Lettuce/Mayo	6.60
Chicken Burger with Bacon	7.90
Chicken Caesar Burger	7.90
Sweet Chilli Chicken Burger	6.60
Cheeseburger	5.60
Hamburger	6.90
Noodles- Beef or Chicken	3.00
Honey Chicken/Fried Rice ^{special day}	5.60

Toasted Wraps

Teriyaki Chicken & Cheese	5.30
Butter Chicken & Cheese	5.30
Chicken & Cheese	4.20
Ham & Cheese	4.20
Spinach, Feta, Sundried Tomato	5.30
Taco Mince & Cheese	5.30

Sushi

Chicken x 2 pieces	3.70
Teriyaki Chicken x 2 pieces	3.70

Salads

Chicken Caesar Salad	5.80
Garden Salad	4.20
Gourmet Garden Salad	5.80
*Add chicken	1.50

Toasted Sandwiches

Chicken & Cheese	5.30
Ham & Cheese	5.30
Ham, Tomato & Cheese	5.30

Sandwiches

Egg/Lettuce	5.30
Curried Egg/Lettuce	5.30
Salad	5.30
Ham/Cheese/Tomato	5.30
Chicken/Lettuce/Mayo	5.30
Salad & Meat (Chicken or Ham)	5.80

Wraps

Flame Grilled Chicken	6.90
Chicken, Lettuce, Tomato, Cheese, Mayo	
Chicken Schnitzel	6.90
Chicken, Lettuce, Cheese, Capsicum, Carrot, Mayo	
Chicken Caesar	6.90
Chicken, Ham, Cheese, Lettuce, Caesar Dressing	
Taco	6.90
Taco Mince, Sour Cream, Lettuce, Cheese, Salsa	
Ham & Salad	6.90
Small Wrap — varieties of above)	4.50

Rolls

Salad	6.40
Meat/Salad (Chicken or Ham)	6.90

Snacks

Fruit Salad	4.80
Diced Fruit- plain	3.60
Red Rock Sea Salt Chips	1.80
Grainwaves	1.80
Blueberry or Choc Muffin (low fat)	3.60
Custard Tub	1.50
Chocolate Mousse	1.50
Fruit Yoghurt	2.80
Frozen Juice Cups	1.50
Frozen Snap Stix	1.50
Frozen Yoghurt	2.80
Paddlepop	2.80

Drinks

Water	2.70
Plain Milk 600ml	2.80
Flavoured Milk 300-500ml	3.50-4.60
Fruit Juice 250ml	3.20
Chill Aloe Juice	4.20
Liptons Iced Tea	4.70
Juice Bomb	3.60
Hot Chocolate	2.20