



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

Fresh milk cup	GF V	\$2.00
Hot chocolate	V	\$2.50
Baked Hash Brown	V	\$1.80
Vegemite or jam or honey toast	GFA V LF	\$2.50
Jam or honey toast	GFA V LF	\$2.50
Homemade gourmet muffins	V	\$3.00
Homemade cookies (made fresh daily)	V	\$2.00
Pancakes x 3 with honey	V	\$4.00
Cheese & egg roll		\$4.50
Lean Ham & egg roll		\$4.50
Lean ham, cheese & egg roll		\$5.00

TOASTED SANDWICHES & WRAPS

Cheese	GFA V	\$3.50
Ham	GFA LF	\$4.00
Cheese & tomato	GFA V	\$4.00
Lean ham & cheese	GFA	\$4.50
Lean ham, cheese & tomato	GFA	\$5.00

FRESH or TOASTED CROISSANTS

Plain	V	\$4.00
Cheese	V	\$4.50
Ham & Cheese		\$5.00

FRESH FRUIT & YOGHURT

Whole fresh fruit each	GF V LF	\$1.50
Fresh cut veggie cup	GF V LF	\$2.50
Fresh cut watermelon cup	GF V LF	\$3.00
Fresh grapes cup (seasonal)	GF V LF	\$3.00
Fresh diced fruit cup	GF V LF	\$3.50
Vanilla yoghurt (low fat)	GF V	\$4.00
Yoghurt with fruit or muesli cup	V	\$4.50
Watermelon pieces in a bowl	GF V LF	\$4.50
Seasonal fresh fruit salad bowl	GF V LF	\$5.00
Fresh fruit salad with yoghurt bowl	GF V	\$5.50
Brekkie bowl granola, chia seeds, fruit, honey	GF V LF	\$5.50

Hot Food

Chicken & corn roll		\$2.00
Chicken wings x1	GF LF	\$2.50
Potato wedges	V	\$4.00
Potato gems x10	V	\$3.00
Noodle cup chicken or beef		\$4.00
Hot Dog chicken or beef		\$4.00
Chicken nuggets x6 or goujonettes x5		\$5.50
Garlic bread	V	\$2.50
Garlic & cheese bread	V	\$3.00
Homemade pizza with cheese	V	\$4.50
Homemade pizza with lean ham & cheese		\$5.00
Homemade bbq chicken pizza		\$5.00
Homemade hawaiian pizza		\$5.00
Nachos with salsa & cheese	V	\$4.50
Sausage roll		\$4.50
Beef pie		\$5.00
Currie pie	the only the market	\$5.00

Hot Burger Roll & Wrap

Create Your own Burger, Wrap, or roll
and select your own fillings!

Beef meatball sub with napolitana sauce/cheese	LF	\$5.00
Chicken meatball sub with napolitana sauce/cheese	LF	\$5.00
Grilled chicken souvlaki on a roll or wrap	LF	\$5.50
Sweet chilli chicken tender wrap		\$5.50
Cheeseburger		\$5.50
Aussie lean beef burger	LF	\$6.00
Chicken breast fillet burger with L/T		\$6.00
Chicken burger with L/T		\$5.50
Chicken schnitzel burger		\$6.00
Crumbet chicken Caesar burger		\$6.00
Fillet-O-Fish burger		\$6.00
Veggie pattie burger	V	\$5.50

Daily specials available (Two cooked each day)

and will be advertised weekly

Mac & cheese	V	\$5.50
Spaghetti bolognaise	GFA LF	\$6.00
Pasta carbonara with ham	GFA	\$6.00
Pasta with beef meatballs		\$6.00
Spaghetti napolitana	GFA V LF	\$5.50
Butter chicken with rice		\$6.00
Sweet chilli chicken with rice		\$6.00
Veggie fried rice	GF V LF	\$5.00
Fried rice with ham	GF LF	\$5.00
Vegetarian Singapore noodles	V	\$5.50
Ravioli, spinach & cheese	V	\$6.00
Beef tortellini		\$6.00
Vegetable noodle Soup	V LF	\$5.50
Beef lasagne		\$6.00
Vegetarian lasagne	V	\$6.00
Assorted maki sushi rolls	GF LF	\$4.50

SANDWICHES

& WRAPS

Cheese	GFA V	\$3.00
Cheese & tomato	GFA V	\$3.50
Lean ham, cheese & tomato	GFA	\$4.00
Curried egg & lettuce	GFA V	\$4.00
Tuna, lettuce & mayo	GFA V	\$4.00
Veggie Salad	GFA V	\$4.50
Salad	GFA V LF	\$4.50
Cheese & salad	GFA V	\$4.50
Schnitzel		\$5.00
Fresh chicken & avocado	GFA	\$5.00
Fresh chicken, lettuce & mayo		\$5.00

Wraps add
extra 0.50c

SALADS

All salads are available
every day if you pre order
before 9.00am

Garden salad	GF V LF	\$4.50
Cheese salad	GF V	\$5.00
Lean ham salad	GF LF	\$5.00
Tuna salad	GF LF	\$5.00
Greek salad	GF V	\$5.50
Fresh chicken breast salad	GF LF	\$5.50
Fresh chicken avocado salad	GF LF	\$5.50
Fresh chicken caesar salad	GFA V LF	\$5.50
Fresh chicken breast pasta salad	GFA V LF	\$5.50

Tasty treats

Bread sticks 4pcs	V LF	\$1.50
Popcorn	GF V LF	\$1.50
Assorted chips snacks	from GF V	\$2.00
Sour snap stix	GF V LF	\$2.00
Frozen 99% juice cup	GF V LF	\$2.00
Nippy's frozen juice cup 99%	GF V LF	\$2.00
Quelch 99% fruit juice sticks	V LF	\$1.00
Frozen milk cup (vanilla, choc, strawberry)	V	\$2.50
Ice mony freeze pops	V	\$2.50
Vanilla ice cream cup (98% fat free)	GF V	\$3.50
Jelly cup or Custard cup	LF	\$2.50
Homemade custard tart		\$3.50

Choose your bread:

White, Wholemeal or Multigrain, Wraps,
White Roll or Focaccia

Gluten Free sliced bread extra \$1.00

Extra fillings 0.80c each:

lettuce, tomato, cucumber, carrot,
beetroot, olives, onion, capsicum

Extra fillings \$1.00 each:

cheese, ham, chicken, egg, pineapple, avocado

Sauce each 50c - Cutlery each 50c

Beverages

Water 400ml	GF V LF	\$2.00
Water 600ml	GF V LF	\$2.50
Pump water 750ml	GF V LF	\$3.00
Pure Sparkling water 500ml	GF V LF	\$3.50
Popper 99% juice 250ml	V LF	\$2.50
Juice bottle 99% juice 350ml	V LF	\$4.00
UP & GO 250ml	GF V	\$3.50
Milk 600ml (plain)	GF V	\$4.00
Flavoured milk 300ml	GF V	\$3.50
Flavoured milk 500ml	GF V	\$5.00
Can of drink (sugar free)	GF V LF	\$2.50
Waterfords lite & fruity	V LF	\$4.00
Lipton Ice tea peach	GF V LF	\$4.50

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS