

# Canteen Menu

ORDER ONLINE WITH FLEXISCHOOLS OR AT THE CANTEEN. CASH & EFTPOS ACCEPTED. **NO CREDIT**

## ALL DAY BREAKFAST

**Cheese & vegemite scroll V** \$3.00

**Cheese & bacon roll** \$3.00

## SNACKS

**Fresh Fruit Cup V / GF** \$5.00

Fruit salad / orange cup / watermelon cup

**Piece of fresh fruit - seasonal V/GF** \$0.50

**Yoghurt V / GF** \$2.50

**Yoghurt & muesli V** \$2.80

**Yoghurt, muesli & fruit V** \$3.00

**Hommus, carrot & celery V** \$3.00

**Red Rock Deli Chips - sea salt V** \$2.50

**Hashbrown / Potato scallop V** \$1.00

## ICE CREAMS - V GF

**Sour Snap Stix** \$1.00

**Frozen milk - chocolate or strawberry** \$1.00

**Moosie - low fat chocolate ice cream** \$2.00

**Frozen Yoghurt - choc / straw / mango** \$2.00

**Juicies - frozen fruit juice tube - lemonade** \$2.00

**Frozen Icy Cups - orange / ABC** \$1.00

**Quelch tubes - 6 flavours** \$0.50

## DRINKS - V GF

**Small flavoured fresh milk - 300ml** \$3.50

**Small Nippy's chocolate milk - 250ml** \$3.50

**Nippy's Iced Coffee - 350ml** \$4.00

**Large flavoured fresh milk - 500ml** \$4.50

**Protein smoothie - 500ml honey or chocolate** \$4.50

**Up and Go - 250ml** \$3.50

**Juice Bomb - sparkling fruit juice** \$3.50

**East Coast Fruit juice bottle -200ml** \$3.00

**Water: small bottle - 350ml** \$2.00

**Water: medium bottle - 600ml** \$2.50

**Water: large bottle - 1 litre** \$3.00

## PAYMENT

Cash & Eftpos accepted. **NO CREDIT**

## SALAD BOWLS

### MUST ORDER

**Garden salad bowl VG GF** \$6.00

Lettuce, tomato, carrot, cucumber & celery.

**Lean meat & garden salad bowl GF** \$7.00

Garden salad + chicken breast, ham, tuna, salmon or egg

**Mixed salad bowl V / GF** Lettuce, tomato, \$7.00

carrot, cucumber, cheese, beetroot & celery.

**Lean meat & mixed salad bowl GF** \$8.00

Mixed salad + chicken breast, ham, tuna, salmon or egg

**Caesar salad bowl** Lettuce, cheese, ham, \$7.00

boiled egg, croutons, caesar dressing

**Chicken caesar salad bowl** \$8.00

## SANDWICH / ROLL / WRAP MUST ORDER

All sandwiches & wraps can be toasted - no extra charge

**Buttered v** \$2.50

**Vegemite v** \$2.50

**Cheese v** \$3.00

**Egg (plain or curried) v** \$4.00

**Egg & lettuce (plain or curried) v** \$4.50

**Ham & cheese** \$5.00

**Cheese & tomato v** \$4.00

**Ham, cheese & tomato** \$6.00

**Salad V - add cheese 50c** \$5.00

**Lean meat - chicken, ham, tuna or salmon** \$5.00

**Lean meat & salad** \$6.00

GF bread & wraps available

## PLUS - MUST ORDER

**Sushi** Chicken teriyaki / tuna / tofu & vegetable \$4.00

**Sweet Chilli chicken tender wrap** \$6.00

**Premium chicken nuggets (6)** \$5.00

**GLUTEN FREE chicken nuggets (6)** \$6.00

**Jelly cup** with or without custard \$2.00

**SAUCES - tomato / BBQ / sweet & sour / sweet chilli** 20c

## VOLUNTEERS WELCOME ANYTIME!

\$10 lunch voucher for volunteers (excluding students)

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## CHICKEN SALAD WRAPS

**Mayonnaise chicken wrap** \$6.00

Chicken, lettuce, tomato, carrot, cheese & mayo

**Sweet chilli chicken wrap** \$6.00

Chicken, lettuce, tomato, carrot, cheese & S/C sauce

**Caesar chicken wrap** \$6.00

Chicken, lettuce, ham, egg, cheese & caesar dressing

## HOT FOOD

**Garlic bread** \$2.00

**Lean sausage roll** (low fat - includes sauce) \$4.00

**Lean beef pie** (low fat - includes sauce) \$5.00

**Cheese & vegemite** toasted pizza wrap \$3.00

**2 Minute chicken noodles** \$3.00

## EVERY DAY - MUST ORDER

**Meatball pasta cup** - canteen made \$6.00

Meatballs, Italian sauce & cheese on spiral pasta

**Bolognese pasta cup** - canteen made \$6.00

Beef mince sauce & cheese on spiral pasta

**Tomato salsa pasta cup** v - canteen made \$6.00

Diced tomato, Italian sauce, & cheese on spiral pasta

**Macaroni cheese** v or lasagne \$5.00

Individual pre packaged 200g / 220g

## APPROVED SNACKS

**Banana bread** - 75g \$3.00

**Low fat Chocolate muffin** - 75g \$3.00

**Custard cup** \$2.00

**Choc Yogo dessert** \$1.00

## GLUTEN FREE

Please come to the canteen to discuss GF requirements

or any other changes that you would like made

## HOW TO ORDER ...

Online with Flexischools or at the Canteen

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## SPECIAL CHANGES

Vegetarian & Gluten free adaptations available

## DAILY SPECIALS

### MONDAY ONLY

**Crispy Chicken burger** \$6.00

Crumbed chicken patty, lettuce & mayonnaise

**Flame grilled cheese burger** \$6.00

Flame grilled beef patty, cheese & tomato sauce

**Vegetarian burger** - v Vegie Delights \$6.00

plant-based patty, lettuce & mayo **MUST ORDER**

### TUESDAY ONLY

**Meatball Sub** - meatballs (5), Italian tomato sce \$6.00

& cheese on a long sesame seed roll

**Cheese Sub** v Italian tomato sauce \$6.00

& double cheese on a long sesame seed roll

### WEDNESDAY ONLY

**Butter Chicken on Steamed Rice** \$6.00

Chicken breast in Indian butter sauce on steamed rice

**Butter Chicken Burrito** \$6.00

Butter chicken, rice, cheese & sour cream

### THURSDAY ONLY

**Beef nachos** \$6.00

Baked tortilla basket, beef mince sauce & cheese

**Tomato salsa nachos** v **MUST ORDER** \$6.00

Baked tortilla, fresh tomato, taco seasoning & cheese

**Creamed corn nachos** v **MUST ORDER** \$6.00

Baked tortilla basket, creamed corn & cheese

### FRIDAY ONLY

**BBQ Chicken toasted pizza wrap** \$6.00

Tortilla wrap, breast chicken, BBQ sauce & tasty cheese

**Cheeseburger toasted pizza wrap** \$6.00

Tortilla wrap, flamed grilled beef, tomato sauce & tasty cheese

**Double cheese toasted pizza wrap** \$6.00

Tortilla wrap, tasty cheese, herbs & tomato sauce

**Vegemite toasted pizza wrap** \$3.00

Tortilla wrap, vegemite & tasty cheese