



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 \$1.30
	Vegetite toast	GF V LF \$2.00
	Jam or honey toast	GF V LF \$2.00
	Hot chocolate	V \$2.00
	Cheese toastie	GF V \$2.50
	Cheese & lean ham toastie	GF V \$3.00
	Corn flakes bowl	V \$2.50
	Pancakes x 2 with honey	V \$2.80
	Cheese & egg roll (SENIOR ONLY)	\$4.80
	Lean ham & egg roll (SENIOR ONLY)	\$5.00



Good Morning



SANDWICHES		
	Cheese	GF V \$3.00
	Cheese & tomato	GF V \$3.50
	Lean ham & cheese	GF V \$4.00
	Lean ham, cheese & tomato	GF V \$4.50
	Tuna, lettuce & mayo	\$5.00
	Salad (lettuce, tomato, carrot, cucumber)	GF V LF \$5.00
	Fresh chicken, lettuce & mayo	\$5.50
	Curried egg (SENIOR ONLY)	\$5.00

Extra fillings 0.80c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum
Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

WRAPS & ROLLS		
	Cheese	GF V \$4.00
	Cheese & tomato	GF V \$4.50
	Lean ham & cheese	GF V \$5.00
	Lean ham, cheese & tomato	GF V \$5.50
	Tuna, lettuce & mayo	\$6.00
	Salad (lettuce, tomato, carrot, cucumber)	GF V LF \$6.00
	Fresh chicken, lettuce & mayo	\$6.50
	Curried egg & lettuce (SENIOR ONLY)	\$6.00

HOT FOOD		
	Corn cob	GF V LF \$1.50
	Hash brown	V \$1.80
	Chicken & corn roll	\$2.50
	Fresh chicken wings x 1	GF LF \$2.50
	Potato gems x 10	V \$2.50
	Potato wedges (bag 100g)	V \$3.00
	Noodle cup chicken	\$4.00
	Noodle cup beef	\$4.00
	Beef or chicken hot dog	\$4.00
	Chicken nuggets (5 pieces)	\$5.00
	Chicken goujonettes (4 pieces)	\$5.00
	Garlic bread (small)	V \$1.50
	Garlic & cheese bread (small)	V \$2.00
	Cheese pizza sub	V \$3.00
	Homemade pizza with cheese	V \$5.50
	Homemade pizza with lean ham & cheese	\$6.00
	Homemade hawaiian pizza	\$6.00
	Nachos with salsa & cheese (small)	V \$4.00
	Nachos with salsa & cheese (SENIOR ONLY)	V \$5.50
	Sausage roll	\$5.50
	Meat pie	\$6.00
	Potato or curry pie	\$6.50
	Beef lasagne	\$6.50
	Vegetarian lasagne	V \$6.50
	Small beef or chicken meatball sub w/napolitana sauce/cheese	\$5.00
	Large beef or chicken meatball sub w/napolitana sauce/cheese	\$6.50
	Small grilled chicken souvlaki on a roll or wrap	LF \$5.00
	Large grilled chicken souvlaki on a roll or wrap	LF \$6.50
	Sweet chilli chicken tender wrap	\$6.50
	Veggie pattie burger	V \$6.50
	Chicken breast fillet burger with lettuce & mayo	\$6.50
	Chicken burger	\$6.50
	Cheeseburger	\$6.50
	Aussie lean beef burger with lettuce/tomato	LF \$6.50
	Fillet-O-Fish burger with lettuce & mayo	\$6.50

FRESH FRUIT & YOGHURT		
	Whole fresh fruit each	GF VLF \$1.50
	Freshly cut veggie cup	GF VLF \$2.00
	Fresh cut watermelon cup	GF VLF \$3.00
	Fresh grapes cup (seasonal)	GF VLF \$3.00
	Fresh diced fruit cup	GF VLF \$3.00
	Vanilla yoghurt (low fat)	GF V \$3.00
	Yoghurt with fruit or muesli cup	V \$4.00
	Watermelon pieces in a bowl (12oz)	GF VLF \$5.00
	Seasonal fresh fruit salad bowl (12oz)	GF VLF \$5.50
	Fresh fruit salad with yoghurt bowl (12oz)	GF V \$6.00

SALADS (All Salads served in 12oz bowl)		
	Garden salad	GF V LF \$5.00
	Cheese salad	GF V \$6.00
	Lean ham salad	GF LF \$6.00
	Tuna salad	GF V LF \$6.00
	Greek salad	GF V \$6.00
	Fresh chicken breast salad	GF V LF \$6.00
	Fresh chicken avocado salad	GF LF \$6.00
	Caesar salad (No chicken)	GF V \$6.00
	Fresh chicken caesar salad	GF V \$6.00
	Fresh chicken breast pasta salad	\$6.00

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

SUSHI		
	Veggie	GF VLF \$5.00
	Tuna	GF LF \$5.00
	Beef	GF LF \$5.00
	Teriyaki chicken	GF LF \$5.00

MILK - JUICES - DRINKS		
	Water 400ml	GF VLF \$2.00
	Water 600ml	GF VLF \$2.50
	Popper 99% juice 250ml	VLF \$2.80
	Milk 300ml (plain)	GF V \$3.00
	UP & GO 250ml	V \$3.30
	Light milk 300ml	GF V \$3.50
ONLY FOR SENIOR STUDENTS		
	Can of drink 375ml (sugar free)	GF VLF \$3.00
	Homemade custard tart	\$4.00
	Plain milk 600ml	GF V \$4.50
	Flavoured milk 500ml	V \$5.50
	Waterford's lite & fruity	VLF \$5.00
	Lipton light peach ice tea	GF VLF \$5.50

HOMEMADE MENU		
AVAILABLE EVERY DAY		
	Pasta bolognaise	GF LF \$5.50
	Mac & cheese	V \$5.50
	Pasta with meatballs	GF V \$5.50
	Monday Veggie fried rice	GF VLF \$5.50
	Tuesday Chicken napolitana pasta	GF VLF \$5.50
	Wednesday Butter chicken & rice	\$5.50
	Thursday Napolitana pasta	GF VLF \$5.50
	Friday Chicken hokkien noodles	\$5.50

Gluten Free options available extra \$1.50

DAZZLING MEAL DEALS...		
If you buy a meal combo you would save up to \$2.00		
	Pack 1 \$5.00	CHEESE SANDWICH
	GF V	Water 400ml + frozen stix or fruit
	Pack 2 \$7.00	SALAD SANDWICH
	GF V LF	Water 400ml + frozen stix or fruit
	Pack 3 \$7.00	MEATBALL SUB (small)
	GF V LF	Water 400ml + frozen stix or fruit
	Pack 4 \$7.50	PASTA BOLOGNAISE
	GF V LF	Water 400ml + frozen stix or fruit
	Pack 5 \$8.50	CHICKEN BURGER
	GF V LF	Water 400ml + frozen stix or fruit
	Pack 6 \$8.30	LASAGNE beef or Vegetarian
	GF V LF	Water 400ml + frozen stix or fruit

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
	Homemade fresh muffins (SENIOR ONLY)	V \$3.00
	Gummy bear x 3	\$1.00
	Popcorn	GF VLF \$1.00
	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 VLF \$1.50
	Frozen 99% juice small cup	GF VLF \$1.00
	Frozen 99% juice cup	GF VLF \$2.00
	99% frozen nippy's juice cup	GF VLF \$2.50
	Frozen milk cup (chocolate, strawberry)	V \$2.00
	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

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 \$2.00
Sauce each 50c - Cutlery each 30c

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS