

# Canteen Menu

VG - Vegetarian | GF - Gluten Free | VN - Vegan

## ALL DAY BREAKFAST

<b>Cheese &amp; Vegemite scroll VG</b> .....	\$2.50
<b>Oval hash brown VG</b> .....	\$1.00
<b>Hot Chocolate</b> (Term 2 & 3 only) VG .....	\$2.00

## SNACKS

<b>Fresh Fruit tub VG</b> .....	\$2.50
Orange / Watermelon / Fruit salad	
<b>Garlic bread - 5 pieces VG</b> .....	\$1.60
<b>Redrock deli chips VG</b> .....	\$1.40
<b>Muffin</b> (low fat) VG .....	\$2.00
<b>Yoghurt VG</b> .....	\$2.50
<b>Yoghurt, Muesli, Fruit cup VG</b> .....	\$2.70
<b>Jelly cup</b> (low fat) 200ml VG .....	\$2.00
<b>Custard cup</b> (low fat) 200ml VG .....	\$2.00
<b>Jelly+Custard cup</b> (low fat) 200ml VG ....	\$2.00

## ICE CREAMS

<b>TNT Sour Tri Box</b> .....	\$1.30
SOUR Blueberry/Watermelon/Raspberry	
<b>Chocolate Moosie</b> (low fat) .....	\$1.30
<b>Vanilla Ice cream tub</b> (low fat) .....	\$1.30
<b>Quelch Fruit tube</b> .....	\$1.00
Orange / Tropical / Mango / Blackcurrant / Apple	

## DRINKS

<b>Small flavoured milk - 300ml VG</b> .....	\$2.80
Chocolate / Strawberry	
<b>Large flavoured milk - 500ml VG</b> .....	\$4.00
Chocolate / Strawberry / Iced coffee	
<b>Small Juice bottle - 250ml VG GF</b> .....	\$2.80
Orange / Apple / Apple & Blackcurrant	
<b>Juice Bombs - 250ml VG GF</b> .....	\$2.80
Orange & Passionfruit / Apple & Raspberry / Lemon Apple & Blackcurrant	
<b>Water:</b> small bottle - 350ml VG GF .....	\$2.00
<b>Water:</b> medium bottle - 600ml VG GF .....	\$2.50
<b>Water</b> large bottle - 1 litre VG GF .....	\$3.00

ORDER online with Flexischools or at the canteen counter

## POKE BOWL

MUST ORDER

<b>MINI Garden salad poke bowl VG</b> .....	\$3.00
Lettuce, tomato, carrot, cheese (BEST TO ORDER)	
<b>Garden salad poke bowl VG</b> (MUST ORDER) .....	\$5.60
Lettuce, tomato, cucumber, beetroot, carrot, cheese & egg	
<b>Lean meat + salad poke bowl</b> .....	\$6.60
Above garden salad + chicken breast, ham, tuna or salmon (MUST ORDER)	
<b>Caesar salad poke bowl</b> (MUST ORDER) ....	\$5.60
Lettuce, cheese, ham, egg, dressing & croutons	
<b>Chicken Caesar salad poke bowl</b> .....	\$6.60
Chicken breast, lettuce, cheese, ham, egg, dressing & croutons (MUST ORDER)	
<b>Italian dressing</b> .....	40c
<b>Moroccan mayonnaise</b> .....	40c
<b>Sweet chilli mayonnaise</b> .....	40c

## SANDWICH PLUS

MUST ORDER

	S/WICH	ROLL/WRAP
<b>Bread buttered VG</b> .....	\$2.00	\$2.50
<b>Vegemite VG</b> .....	\$2.00	\$2.50
<b>Cheese VG</b> .....	\$2.00	\$2.40
<b>Egg</b> (plain or curry) VG .....	\$2.00	\$2.50
<b>Egg &amp; lettuce</b> (plain or curry) VG .....	\$2.40	\$2.90
<b>Ham, cheese &amp; tomato</b> .....	\$4.50	\$5.00
<b>Lean Meat</b> .....	\$4.00	\$4.50
Lean chicken breast, ham, tuna, or salmon		
<b>Salad VG</b> .....	\$4.00	\$4.50
Lettuce, tomato, cucumber, beetroot & carrot		
<b>Lean meat + salad</b> .....	\$5.00	\$5.50
Above salad + chicken breast, ham, tuna or salmon		

## ADD TO ANY MEAL

MUST ORDER

Add to any burger, sandwich, roll or wrap price:	
<b>Salad VG</b> .....	\$1.00
Lettuce, tomato, cucumber, beetroot & carrot	
<b>Each item</b> .....	30c
Lettuce, beetroot, carrot, egg, cucumber, tomato, cheese	
<b>Toasted extra</b> .....	FREE

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## WRAP OR ROLL BEST TO ORDER

<b>Mayonnaise chicken schnitzel wrap</b> .....	\$5.00
Chicken schnitzel, lettuce, tomato, carrot, cheese & mayonnaise	
<b>Sweet chilli chicken schnitzel wrap</b> .....	\$5.00
Chicken schnitzel, lettuce, tomato, carrot, cheese & sweet chilli	
<b>Caesar chicken schnitzel wrap</b> .....	\$5.00
Chicken schnitzel, ham, lettuce, cheese & Caesar dressing	

## HOT FOOD

<b>Lean sausage roll</b> (low fat) .....	\$2.50
<b>Lean pie</b> (low fat) .....	\$4.00
<b>2 Minute chicken noodles</b> .....	\$3.00

## DAILY LUNCHES MUST ORDER

<b>Cheesy pasta cup</b> VG (MUST ORDER).....	\$5.00
Cheese white sauce on spiral pasta topped with cheese	
<b>Meatball pasta cup</b> VG (MUST ORDER) .....	\$5.00
Meatballs in Italian sauce on spiral pasta plus cheese	
<b>Bolognese pasta cup</b> (MUST ORDER) .....	\$5.00
Beef tomato sauce on spiral pasta topped with cheese	
<b>Tomato salsa pasta cup</b> VG (MUST ORDER) .....	\$5.00
Pasta, Italian tomato sauce, shallots, fresh tomato & cheese	
<b>6 Tempura chicken nuggets</b> (MUST ORDER) ....	\$4.00
<b>12 Tempura chicken nuggets</b> (MUST ORDER) .....	\$7.50

## SAUCES

<b>Any sauce or dressing</b> .....	40c
Tomato sauce - VN GF	
BBQ sauce - GF	
Italian dressing - VN	
Sweet chilli sauce - VN GF	
Mayonnaise - VG GF	
Moroccan Mayonnaise - VN GF	
Sweet chilli mayonnaise - VG GF	

## ALLERGY MENUS

We have gluten free, dairy free and other alternatives available for students with allergies or dietary needs. Ask at the canteen or contact the canteen manager on: 4340 0246.

## DAILY SPECIALS

### MONDAY ONLY ORDER OR RISK IT

<b>Chicken schnitzel burger</b> .....	\$5.00
Lean chicken breast patty, lettuce & mayonnaise	
<b>Hawaiian Chicken schitzel burger</b> .....	\$5.00
Lean chicken breast patty, cheese, pineapple & sweet chilli sauce	
<b>Cheese burger</b> .....	\$5.00
Lean beef patty, cheese & tomato sauce	

**NOTE: YOU NEED TO ORDER TO SWAP OUT SAUCE**

### TUESDAY ONLY ORDER OR RISK IT

<b>Meatball pasta cup</b> .....	\$5.00
... with Italian tomato sauce & cheese	
<b>Carbonara pasta cup</b> .....	\$5.00
... with white cheese & ham sauce	

### WEDNESDAY ONLY ORDER OR RISK IT

<b>6 Tempura chicken nuggets</b> .....	\$4.00
<b>12 Tempura chicken nuggets</b> .....	\$7.50

### THURSDAY ONLY ORDER OR RISK IT

<b>Beef nachos</b> .....	\$5.00
Baked tortilla basket, nachos tomato beef sauce & cheese	
<b>Tomato salsa nachos</b> VG (BEST TO ORDER) .....	\$5.00
Baked tortilla basket, diced tomatoes, shallots, tomato sauce & cheese	
<b>Corn nachos</b> VG (MUST ORDER) .....	\$5.00
Baked tortilla basket, creamed corn, shallots & cheese	

### FRIDAY ONLY ORDER OR RISK IT

<b>Toasted Pizza Wrap</b> .....	\$4.00
Hawaiian      BBQ Chicken      Corn VG	
Double Cheese VG	
Nachos when available (MUST ORDER)	

## CANTEEN OPEN ...

Open for breakfast, lunch and recess every school day

## HOW TO ORDER ...

Online with Flexischools, or at the canteen counter