

# Canteen Menu

ORDER ONLINE WITH FLEXISCHOOLS OR AT THE CANTEEN LUNCH COUNTER...EFTPOS OR CASH ACCEPTED

## ALL DAY BREAKFAST

Hash brown	\$1.00
Cheese & Vegemite scroll <b>VG</b>	\$3.00

## SNACKS

Fresh Fruit tub <b>VG</b>	\$3.00
Fruit salad, oranges, watermelon	
Garlic bread - 5 pieces <b>VG</b>	\$2.00
Redrock deli chips <b>VG</b>	\$1.40
Yoghurt <b>VG</b>	\$2.70
Yoghurt, Muesli, Fruit cup <b>VG</b>	\$3.00
Hommus dip and vegetable sticks 	\$1.50
Potato Scallop (oven baked) <b>VG</b> 	\$1.00

## ICE CREAMS

Sour Snap Stick 	\$1.00
Watermelon, Strawberry, Raspberry, Blueberry, Grape	
Moosie (low fat ice cream tube)	\$1.50
Chocolate / Bubble-gum	
Juices - Apple Blackcurrant 	\$1.00
Frozen Juice Cups - Orange / Apple BC	\$1.00

## DRINKS

Small flavoured milk - 300ml <b>VG</b>	\$3.00
Chocolate / Strawberry	
Large flavoured milk - 500ml <b>VG</b>	\$4.20
Chocolate / Strawberry / Iced coffee	
Small Juice bottle - 250ml <b>VG GF</b>	\$3.00
Orange / Apple / Apple & Blackcurrant	
Juice Bombs - 250ml <b>VG GF</b> 	\$3.00
Orange & Passionfruit / Apple & Raspberry / Watermelon	
Water: small bottle - 350ml <b>VG GF</b>	\$2.00
Water: medium bottle - 600ml <b>VG GF</b>	\$2.50
Water: large bottle - 1 litre <b>VG GF</b>	\$3.00

## PAYMENT

EFTPOS or cash accepted

## SALAD POKE BOWL

MUST ORDER

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

## SANDWICH PLUS

MUST ORDER

		SWICH...ROLL/WRAP
Bread buttered <b>VG</b>	\$ 2.00	\$2.50
Vegemite <b>VG</b>	\$ 2.50	\$3.00
Cheese <b>VG</b>	\$ 2.50	\$3.00
Egg (plain or curry) <b>VG</b>	\$ 2.50	\$3.00
Egg & lettuce (plain or curry) <b>VG</b>	\$ 2.70	\$3.20
Ham, cheese & tomato	\$ 4.50	\$5.00
Lean Meat Lean chicken, ham, tuna, salmon	\$ 4.50	\$5.00
Salad <b>VG</b>	\$ 4.50	\$5.00
Lettuce, tomato, cucumber, beetroot & carrot		
Lean meat + salad	\$ 5.50	\$6.00
Above salad + chicken breast, ham, tuna or salmon		

## ADD TO ANY MEAL

MUST ORDER

Add to any burger, sandwich, roll or wrap price:	
Salad <b>VG</b>	\$1.20
Lettuce, tomato, cucumber, beetroot & carrot	
Each item	30c
Lettuce, beetroot, carrot, egg, cucumber, tomato, cheese	
Toasted extra	FREE

## VOLUNTEERS WELCOME ANYTIME !

Many hands make light work, \$10 canteen voucher with every visit.

# Canteen Menu

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## WRAP

### BEST TO ORDER

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

## HOT FOOD

<b>Potato scallop</b> (oven baked) <b>VG</b> .....	★ \$1.00
<b>Lean sausage roll</b> (low fat) .....	\$3.00
<b>Lean pie</b> (low fat) .....	\$4.50
<b>2 Minute chicken noodles</b> .....	\$3.20

## DAILY LUNCHES

### MUST ORDER

<b>Meatball pasta cup</b> <b>VG (MUST ORDER)</b> .....	\$5.00
Meatballs in Italian sauce on spiral pasta plus cheese	
<b>Bolognese pasta cup</b> <b>(MUST ORDER)</b> .....	\$5.00
Beef tomato sauce on spiral pasta topped with cheese	
<b>Tomato salsa pasta cup</b> <b>VG (MUST ORDER)</b> .....	\$5.00
Pasta, Italian tomato sauce, shallots, fresh tomato & cheese	

## SAUCES

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

## ALLERGY MENUS

Please speak to our canteen manager about any allergies you may have and are concerned with.

## HOW TO ORDER ...

Online with Flexischools, or at the canteen lunch counter. BAGS ARE FREE

## NEW ITEMS

ALL NEW ITEMS HAVE A STAR



## DAILY SPECIALS

### MONDAY ONLY

### MADE IN CANTEEN

<b>Flame grilled chicken burger</b> .....	\$5.00
Flame grilled chicken, lettuce & mayonnaise on a round roll	
<b>Flame grilled cheese burger</b> .....	\$5.00
Lean beef patty, cheese & tomato sauce on a round roll	

### TUESDAY ONLY

### MADE IN CANTEEN

<b>Italian Meatball Sub or Pasta</b> .....	★ \$5.00
... Meat balls, Italian tomato sauce & cheese on a long roll	
<b>Italian Triple Cheese Sub or Pasta</b> .....	★ \$5.00
... 3 cheese mix ( parmesan, mozzarella, tasty) & Italian tomato sauce on a long roll	

### WEDNESDAY ONLY

### MADE IN CANTEEN

<b>Butter Chicken on Rice</b> .....	★ \$5.00
...homemade butter chicken on steamed rice	
<b>Teriyaki Chicken OR Tuna Sushi</b> .....	★ \$4.00
... Teriyaki chicken, rice & nori OR tuna, rice & nori	
<b>Vegetarian Sushi</b> <b>VG GF (BEST TO ORDER)</b> .....	★ \$4.00
... Tofu, carrot, rice & nori.	

### THURSDAY ONLY

### MADE IN CANTEEN

<b>Beef nachos</b> .....	\$5.00
Baked tortilla basket, nachos beef tomato sauce & cheese	
<b>Tomato salsa nachos</b> <b>VG (BEST TO ORDER)</b> .....	\$5.00
Baked tortilla basket, fresh tomato, Mexican tomato sauce & cheese	

### FRIDAY ONLY

### MADE IN CANTEEN

<b>TOASTED PIZZA WRAPS</b>	
<b>BBQ Chicken toasted pizza wrap</b> .....	\$5.00
Tortilla wrap toasted with breast chicken, BBQ sauce & tasty cheese	
<b>Cheeseburger toasted pizza wrap</b> .....	★ \$5.00
Tortilla wrap toasted with flamed grilled beef, tasty cheese & tomato sauce	
<b>Double cheese toasted pizza wrap</b> <b>VG</b> .....	\$5.00
Tortilla wrap toasted with tasty cheese, herbs & tomato sauce	