

Canteen Menu

ORDER ONLINE OR AT THE SENIORS WINDOW AT THE CANTEEN. CASH & EFTPOS ACCEPTED.

ALL DAY BREAKFAST

Hash brown **VG** \$1.00

Potato Scallop (baked) **VG** \$1.00

SNACKS

Fresh Fruit Cup **VG / GF** \$4.00

Fruit salad, oranges, watermelon (Seasonal)

Garlic bread - 5 pieces **VG** \$2.00

Redrock deli chips **VG** \$2.00

Yoghurt **VG / GF** \$2.50

Yoghurt & muesli **VG** \$2.80

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

Hommus, Carrot & Celery **VG** \$2.00

Cheese & Vegemite pizza wrap \$3.00

ICE CREAMS - VG GF

Sour Snap Stix \$1.00

Raspberry/Strawberry/Watermelon/Grape/Blueberry

Moosie (low fat chocolate ice cream) \$1.50

Frozen Icy Cups Orange/Apple BC \$1.00

Juicies frozen fruit juice pouch \$1.00

Apple or apple blackcurrant

Quelch tubes \$0.50

DRINKS - VG GF

Small flavoured milk - 300ml \$3.00

Small Nippy's flavoured milk - 250ml..... \$2.50

Large flavoured milk - 500ml \$4.00

Up & Go - 250ml..... \$2.50

Small Juice bottle - 250ml \$3.00

Orange / Apple / Apple Blackcurrant / Pineapple

Glee - sparkling fruit juice \$3.00

Watermelon/Bubblegum/Raspberry/Tropical/Blackcurrant

Water: small bottle - 350ml \$2.00

Water: medium bottle - 600ml \$2.50

Water: large bottle - 1 litre \$3.00

PAYMENT

EFTPOS or cash accepted

SALAD BOWLS

MUST ORDER

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

Lettuce, tomato, carrot, cucumber, beetroot, cheese & egg

Lean meat + garden salad bowl \$7.50

Above garden salad + chicken breast, ham, tuna or salmon

Caesar salad bowl **can be GF** \$6.00

Lettuce, cheese, ham, egg, caesar dressing & croutons

Chicken caesar salad bowl **can be GF** \$7.50

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

Mixed salad bowl..... \$6.00

Lettuce, tomato, carrot, cucumber, cheese, beetroot, celery, shallots

Mixed salad bowl + meat - above + meat \$7.50

SANDWICH / ROLL / WRAP

MUST ORDER

Buttered **VG** \$2.50

Vegemite **VG** \$3.00

Cheese **VG** \$3.00

Egg (plain or curried) **VG** \$3.50

Egg & lettuce (plain or curried) **VG** \$4.00

Ham, cheese & tomato \$5.00

Lean Meat Lean chicken, ham, tuna, salmon \$5.00

Salad **VG** \$5.00

Lettuce, tomato, cucumber, beetroot & carrot

Lean meat + salad \$6.00

Above salad + chicken breast, ham, tuna or salmon

EXTRAS

MUST ORDER

Add to any burger, sandwich, roll or wrap

Salad **VG** \$1.20

Lettuce, tomato, cucumber, beetroot & carrot

Each item 30c

Lettuce, beetroot, carrot, egg, cucumber, tomato, cheese

Toasted **FREE**

VOLUNTEERS WELCOME ANYTIME !

\$10 lunch voucher for volunteers (excluding students)

Canteen Menu

CHICKEN SALAD WRAPS

Mayonnaise chicken wrap \$5.00

Chicken, lettuce, tomato, carrot, cheese & mayo

Sweet chilli chicken wrap \$5.00

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

Caesar chicken wrap \$5.00

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

EVERYDAY HOT FOOD

Potato scallop / Hashbrown v \$1.00

Lean sausage roll (low fat) \$3.00

Lean pie (low fat) \$4.50

Spinach & ricotta roll v \$3.00

2 Minute chicken noodles \$3.00

EVERY DAY - MUST ORDER

Meatball pasta cup \$5.00

Meatballs, Italian sauce & cheese on spiral pasta

Bolognaise pasta cup \$5.00

Beef tomato sauce & cheese on spiral pasta

Tomato salsa pasta cup vg \$5.00

Tomato, Italian sauce, shallots, cheese on spiral pasta

Sushi \$3.50

Teriyaki chicken, tuna or tofu & vegetable

SAUCES

Any sauce or dressing 20c

Tomato sauce BBQ sauce

French dressing Sweet chilli sauce

Mayonnaise Sweet & Sour sauce

ALLERGY ITEMS

Please come to the canteen to discuss any allergies you may have.

HOW TO ORDER ...

Online with Flexischools or at the seniors window at the canteen. Lunch bags are free.

SPECIAL CHANGES

Vegetarian & Gluten free adaptations available

DAILY SPECIALS

MONDAY ONLY

Flame grilled chicken burger \$5.00

Flame grilled chicken, lettuce & mayonnaise on a burger roll

Flame grilled cheese burger \$5.00

Flame grilled beef, cheese & tomato sauce on a burger roll

TUESDAY ONLY (ROTATES)

Meatball Sub \$5.00

Meat balls, Italian tomato sauce & 3 cheese mix on a ro long roll

Triple Cheese Sub \$5.00

3 Cheese mix, Italian tomato sauce on a long roll

WEDNESDAY ONLY (ROTATES)

Butter Chicken on Steamed Rice \$5.00

Chicken, butter chicken paste & coconut milk on steamed rice

OR

6 Chicken nuggets \$5.00

12 Chicken Nuggets \$9.00

Steggles Premium Chicken Breast Nuggets

THURSDAY ONLY

Beef nachos \$5.00

Baked tortilla basket, beef nachos sauce & cheese

Tomato salsa nachos vg (MUST ORDER) \$5.00

Baked tortilla basket, fresh tomato, Mexican sauce & cheese

FRIDAY ONLY

BBQ Chicken toasted pizza wrap \$5.00

Tortilla wrap, breast chicken, BBQ sauce & tasty cheese

Cheeseburger toasted pizza wrap \$5.00

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

Double cheese toasted pizza wrap vg \$5.00

Tortilla wrap, tasty cheese, herbs & tomato sauce