

# 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** ..... \$5.00

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** ..... \$2.50

Cheese & Vegemite pizza wrap ..... \$3.00

## ICE CREAMS - VG GF

Sour Snap Stix ..... \$1.00

Raspberry/Strawberry/Watermelon/BC/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, tropical & apple blackcurrant

Quelch tubes ..... \$0.50

## DRINKS - VG GF

Small flavoured milk - 300ml ..... \$3.00

Small Nippy's flavoured milk - 250ml..... \$3.00

Large flavoured milk - 500ml ..... \$4.00

Up & Go - 250ml..... \$3.00

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 ..... \$8.00

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

Caesar salad bowl **can be GF** ..... \$7.00

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

Chicken caesar salad bowl **can be GF** ..... \$8.00

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

Mixed salad bowl..... \$7.00

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

Mixed salad bowl + meat - above + meat ..... \$8.00

## 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

<b>Mayonnaise chicken wrap</b> .....	<b>\$6.00</b>
Chicken, lettuce, tomato, carrot, cheese & mayo	
<b>Sweet chilli chicken wrap</b> .....	<b>\$6.00</b>
Chicken, lettuce, tomato, carrot, cheese & S/C sauce	
<b>Caesar chicken wrap</b> .....	<b>\$6.00</b>
Chicken, ham, egg, lettuce, cheese & caesar dressing	

## EVERYDAY HOT FOOD

<b>Potato scallop / Hashbrown v</b> .....	<b>\$1.00</b>
<b>Lean sausage roll</b> (low fat) .....	<b>\$3.00</b>
<b>Lean pie</b> (low fat) .....	<b>\$4.50</b>
<b>Spinach &amp; ricotta roll v</b> .....	<b>\$3.50</b>
<b>2 Minute chicken noodles</b> .....	<b>\$3.00</b>

## EVERY DAY - MUST ORDER

<b>Meatball pasta cup</b> .....	<b>\$6.00</b>
Meatballs, Italian sauce & cheese on spiral pasta	
<b>Bolognese pasta cup</b> .....	<b>\$6.00</b>
Beef tomato sauce & cheese on spiral pasta	
<b>Tomato salsa pasta cup vg</b> .....	<b>\$6.00</b>
Tomato, Italian sauce, shallots, cheese on spiral pasta	
<b>Sushi</b> .....	<b>\$4.00</b>
Teriyaki chicken, tuna or tofu & vegetable	

## SAUCES

<b>Any sauce or dressing</b> .....	<b>20c</b>
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

<b>Flame grilled chicken burger</b> .....	<b>\$6.00</b>
Flame grilled chicken, lettuce & mayonnaise on a burger roll	
<b>Flame grilled cheese burger</b> .....	<b>\$6.00</b>
Flame grilled beef, cheese & tomato sauce on a burger roll	

### TUESDAY ONLY

<b>Meatball Sub</b> .....	<b>\$6.00</b>
Meat balls, Italian tomato sauce & 3 cheese mix on a ro long roll	
<b>Triple Cheese Sub</b> .....	<b>\$6.00</b>
3 Cheese mix, Italian tomato sauce on a long roll	

### WEDNESDAY ONLY

<b>Butter Chicken on Steamed Rice</b> .....	<b>\$6.00</b>
Chicken, butter chicken paste & coconut milk on steamed rice	
<b>OR</b>	
<b>6 Chicken nuggets</b> .....	<b>\$5.00</b>
<b>12 Chicken Nuggets</b> .....	<b>\$9.00</b>
Steggles Premium Chicken Breast Nuggets	

### THURSDAY ONLY

<b>Beef nachos</b> .....	<b>\$6.00</b>
Baked tortilla basket, beef nachos sauce & cheese	
<b>Tomato salsa nachos vg (MUST ORDER)</b> .....	<b>\$6.00</b>
Baked tortilla basket, fresh tomato, Mexican sauce & cheese	

### FRIDAY ONLY

<b>BBQ Chicken toasted pizza wrap</b> .....	<b>\$6.00</b>
Tortilla wrap, breast chicken, BBQ sauce & tasty cheese	
<b>Cheeseburger toasted pizza wrap</b> .....	<b>\$6.00</b>
Tortilla wrap, flamed grilled beef, tomato sauce & tasty cheese	
<b>Double cheese toasted pizza wrap vg</b> .....	<b>\$6.00</b>
Tortilla wrap, tasty cheese, herbs & tomato sauce	