

# Canteen Menu

ORDER ONLINE WITH FLEXISCHOOLS OR AT THE CANTEEN. CASH & EFTPOS ACCEPTED. **NO CREDIT**

## ALL DAY BREAKFAST

Hash brown / Potato scallop v	\$1.00
Ham & cheese roll	\$2.50
<b>SNACKS</b>	
Fresh Fruit Cup v / GF	\$5.00
Fruit salad, oranges, watermelon (Seasonal)	
Piece of fresh fruit - seasonal v/GF	\$1.00
Yoghurt v / GF	\$2.50
Yoghurt & muesli v	\$2.80
Yoghurt, muesli & fruit v	\$3.00
Hommus, carrot & celery v	\$3.00
Red Rock Deli Chips	\$2.00

Chicken honey soy or sea salt

## ICE CREAMS - V GF

Sour Snap Stix	\$1.00
Ice cream tub - low fat vanilla	\$2.00
Moosie (low fat chocolate ice cream)	\$2.00
Frozen Yoghurt - choc, straw, mango	\$2.00
Juicies frozen fruit juice tube - lemonade	\$2.00
Frozen Icy Cups - orange, ABC	\$1.00
Quelch tubes	\$0.50

## DRINKS - V GF

Small flavoured milk - 300ml	\$3.00
Small Nippy's flavoured milk - 250ml	\$3.00
Up & Go - 250ml	\$3.00
Large flavoured milk - 500ml	\$4.00
Small Juice bottle - 250ml	\$3.00
Orange / Apple / Apple Blackcurrant / Pineapple	
Glee - sparkling fruit juice	\$3.00
Watermelon / Bubblegum / Raspberry / Tropical	
Water: small bottle - 350ml	\$2.00
Water: medium bottle - 600ml	\$2.50
Water: large bottle - 1 litre	\$3.00

## PAYMENT

Cash & Eftpos cards accepted. **NO CREDIT**

## SALAD BOWLS

MUST ORDER

Garden salad bowl VG GF	\$6.00
Lettuce, tomato, carrot, cucumber, celery & shallots	
Lean meat & garden salad bowl	\$8.00
Garden salad + chicken breast, ham, tuna, salmon or egg	
Mixed salad bowl v / GF	\$7.00
Lettuce, tomato, carrot, cucumber, cheese, beetroot, celery, shallots	
Lean meat & mixed salad bowl	\$8.00
Mixed salad + chicken breast, ham, tuna, salmon or egg	
Caesar salad bowl	\$7.00
Lettuce, cheese, ham, boiled egg, croutons, caesar dressing	
Chicken caesar salad bowl	\$8.00

## SANDWICH / ROLL / WRAP

MUST ORDER

All sandwiches & wraps can be toasted - no extra charge

Buttered v	\$2.50
Vegemite v	\$3.00
Cheese v	\$3.00
Egg (plain or curried) v	\$3.50
Egg & lettuce (plain or curried) v	\$4.00
Ham, cheese & tomato	\$5.00
Lean Meat - chicken, ham, tuna or salmon	\$5.00
Salad - Lettuce, tomato, cucumber, beetroot & carrot	\$5.00
Salad & cheese v	\$6.00
Salad & lean meat	\$6.00
Extras - lettuce, beetroot, egg, tomato, cheese	\$0.50

GF bread & wraps available

## PLUS....

Sushi - MUST ORDER	\$4.00
Chicken teriyaki / tuna / tofu & vegetable	
Cheese & vegemite toasted pizza wrap v	\$3.00
Cheese & sweet chilli toasted pizza wrap v	\$3.00
Sauces	\$0.20
tomato, BBQ, sweet & sour. sweet chilli	

## VOLUNTEERS WELCOME ANYTIME !

\$10 lunch voucher for volunteers (excluding students)

# Canteen Menu

## CHICKEN SALAD WRAPS

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

## EVERYDAY HOT FOOD

<b>Garlic bread</b> .....	\$2.00
<b>Lean sausage roll</b> (low fat) .....	\$3.50
<b>Lean pie</b> (low fat) .....	\$5.00
<b>Spinach &amp; ricotta roll</b> v .....	\$4.00
<b>2 Minute chicken noodles</b> .....	\$3.00

## EVERY DAY - MUST ORDER

<b>Meatball pasta cup</b> .....	\$6.00
Meatballs, Italian sauce & cheese on spiral pasta	
<b>Bolognese pasta cup</b> .....	\$6.00
Beef sauce & cheese on spiral pasta	
<b>Tomato salsa pasta cup</b> v .....	\$6.00
Tomato, Italian sauce, shallots, cheese on spiral pasta	
<b>Macaroni cheese</b> V or lasagne.....	\$5.00
Individual pre packaged 200g / 220g	

## EXTRAS - V

<b>Banana bread</b>	\$3.00
<b>Blueberry muffins</b>	\$3.00
<b>Apple Cinnamon muffins</b>	\$3.00

## ALLERGY ITEMS

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

## HOW TO ORDER ...

Online with Flexischools or at the Canteen  
Cash & Eftpos cards accepted. **NO CREDIT**

## SPECIAL CHANGES

Vegetarian & Gluten free adaptations available

## DAILY SPECIALS

### MONDAY ONLY

<b>Chicken burger</b>	\$6.00
Flame grilled chicken, lettuce, cheese & mayonnaise	
<b>Cheese burger</b> .....	\$6.00
Flame grilled beef, cheese & tomato sauce	
<b>Vegetarian burger</b> - V <b>MUST ORDER</b>	\$6.00
Vegie Delights'not chicken'plant based patty with lettuce & mayo	

### TUESDAY ONLY

<b>Meatball Sub</b> .....	\$6.00
Meatballs, Italian tomato & basil sce with cheese on a long roll	
<b>Cheese Sub</b> v .....	\$6.00
Italian tomato & basil sauce with double cheese on a long roll	

### WEDNESDAY ONLY (ROTATING)

<b>Butter Chicken on Steamed Rice</b> .....	\$6.00
Chicken breast in Indian butter sauce on steamed rice	
<b>OR Macaroni cheese</b> - 200g v...	\$5.00
<b>Beef lasagne</b> - 220g.....	\$5.00

### THURSDAY ONLY

<b>Beef nachos</b> .....	\$6.00
Baked tortilla basket, beef nachos sauce & cheese	
<b>Tomato salsa nachos</b> v <b>MUST ORDER</b> .....	\$6.00
Baked tortilla basket, fresh tomato, taco seasoning & cheese	
<b>Creamed corn nachos</b> v <b>MUST ORDER</b>	\$6.00
Baked tortilla basket, creamed corn & shallots	

### FRIDAY ONLY

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