

# 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

## SNACKS

**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** - Sea Salt \$2.00

## 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** \$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

**Hot Chocolate** - **NEW -BREAKFAST ONLY** \$2.00

**Sauces** \$0.20

tomato, BBQ, sweet & sour, sweet chilli

**VOLUNTEERS WELCOME ANYTIME !**

\$10 lunch voucher for volunteers (excluding students)

## ICE CREAMS - V GF

**Sour Snap Stix** - 5 flavours \$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 sticks** \$0.50

## DRINKS - V GF

**Small flavoured milk** - 300mls \$3.00

**Small Nippy's flavoured milk** - 250mls \$3.00

**Up & Go** - 250mls \$3.00

**Large flavoured milk** - 500mls \$4.00

**Small Juice bottle** - 250mls \$3.00

Orange / Apple / Apple Blackcurrant / Pineapple

**Glee - sparkling fruit juice** \$3.00

Watermelon / Bubblegum / Raspberry / Tropical

**Water:** small bottle - 350mls \$2.00

**Water:** medium bottle - 600mls \$2.50

**Water:** large bottle - 1 litre \$3.00

## PAYMENT

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

# Canteen Menu

## CHICKEN SALAD WRAPS

**Mayonnaise chicken wrap** \$6.00

Chicken, lettuce, tomato, carrot, cheese & mayo

**Sweet chilli chicken wrap** \$6.00

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

**Caesar chicken wrap - MUST ORDER** \$6.00

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

## EVERYDAY HOT FOOD

**Garlic bread** \$2.00

**Lean sausage roll (low fat)** \$3.50

**Lean pie (low fat)** \$5.00

**Spinach & ricotta roll V MUST ORDER** \$4.00

**2 Minute chicken noodles** \$3.00

## EVERY DAY - MUST ORDER

**Meatball pasta cup** \$6.00

Meatballs, Italian sauce & cheese on spiral pasta

**Bolognese pasta cup** \$6.00

Beef sauce & cheese on spiral pasta

**Tomato salsa pasta cup V** \$6.00

Tomato, Italian sauce, shallots, cheese on spiral pasta

**Macaroni cheese V or lasagne.....** \$5.00

Individual pre packaged 200g / 220g

## EXTRAS - V

**Banana bread** \$3.00

**Chocolate muffin - low fat** \$3.00

**Blueberry muffin - low fat** \$3.00

**Apple Cinnamon muffin - low fat** \$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

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## SPECIAL CHANGES

Vegetarian & Gluten free adaptations available

## DAILY SPECIALS

### MONDAY ONLY

**Chicken burger** \$6.00

Flame grilled chicken patty, lettuce & mayonnaise

**Cheese burger** \$6.00

Flame grilled beef patty, cheese & tomato sauce

**Vegetarian burger - V MUST ORDER** \$6.00

Vegie Delights'not chicken'plant based patty with lettuce & mayo

### TUESDAY ONLY

**Meatball Sub** \$6.00

Meatballs, Italian basil sauce & cheese on a long roll

**Cheese Sub V** \$6.00

Italian tomato & basil sauce with double cheese on a long roll

### WEDNESDAY ONLY (ROTATING)

**Butter Chicken on Steamed Rice** \$6.00

Chicken breast in Indian butter sauce on steamed rice

**OR Macaroni cheese - 200g V...** \$5.00

**Beef lasagne - 220g** \$5.00

### THURSDAY ONLY

**Beef nachos** \$6.00

Baked tortilla basket, beef nachos sauce & cheese

**Tomato salsa nachos V MUST ORDER** \$6.00

Baked tortilla basket, fresh tomato, taco seasoning & cheese

**Creamed corn nachos V MUST ORDER** \$6.00

Baked tortilla basket, creamed corn & shallots

### FRIDAY ONLY

**BBQ Chicken toasted pizza wrap** \$6.00

Tortilla wrap, breast chicken, BBQ sauce & tasty cheese

**Cheeseburger toasted pizza wrap** \$6.00

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

**Double cheese toasted pizza wrap** \$6.00

Tortilla wrap, tasty cheese, herbs & tomato sauce

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

**Cheese & Sweet Chilli pizza wrap** \$3.00