

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

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

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 - 6 flavours \$0.50

DRINKS - V GF

Small flavoured milk - 300ml choc / straw \$3.00

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

Up & Go - 250ml - 7 flavours \$3.00

Large flavoured milk - 500ml - 3 flavours \$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 Lettuce, tomato, \$7.00

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 Lettuce, cheese, ham, \$7.00

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, carrot, 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

Custard cup \$2.00

Choc yogo dessert \$1.00

SAUCES - tomato / BBQ / sweet & sour / sweet chilli 20c

VOLUNTEERS WELCOME ANYTIME!

\$10 lunch voucher for volunteers (excluding students)

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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 \$6.00

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

HOT FOOD

Garlic bread \$2.00

Lean sausage roll (low fat) \$3.50

Lean beef 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 - canteen made \$6.00

Meatballs, Italian sauce & cheese on spiral pasta

Bolognese pasta cup - canteen made \$6.00

Beef mince sauce & cheese on spiral pasta

Tomato salsa pasta cup **V** - canteen made \$6.00

Tomato, Italian sauce, shallots, cheese on spiral pasta

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

Individual pre packaged 200g / 220g

APPROVED SNACKS

Banana bread - 75g \$3.00

Low fat Chocolate muffin - 75g \$3.00

Low fat Blueberry muffin - 75g \$3.00

Low fat Apple Cinnamon muffin - 75g \$3.00

ALLERGY SAFE 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** Vegie Delights'not-chicken' \$6.00

plant-based patty, lettuce & mayo **MUST ORDER**

TUESDAY ONLY

Meatball Sub Meatballs, Italian tomato & basil sce \$6.00

with cheese on a long roll

Cheese Sub **V** Italian tomato & basil sauce \$6.00

with double cheese on a long roll

WEDNESDAY ONLY

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 mince 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 & cheese

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

Vegemite toasted pizza wrap \$3.00

Tortilla wrap, vegemite & tasty cheese