

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	\$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, 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

ALLERGY SAFE ITEMS

Special Dietary Needs ...

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** Veggie Delights 'not-chicken' \$6.00

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

TUESDAY ONLY

Meatball Sub Meatballs, Italian tomato & basil scc \$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