

## Canteen Menu 2024

### Breakfast Menu

Variety of Fresh Fruit	\$1.00 E
Yogurt (92% fat free) with Muesli or Fresh Fruit	\$5.00 E
Toasted Sandwiches (Veg, Honey or Jam)	\$3.00 E
Toasted Cheese	\$3.50 E
Ham & Cheese Toasted	\$4.50 E
Croissants Plain	\$3.50 E
Croissants Ham & Cheese	\$5.00 E
Rice Pudding	\$4.50 E
Egg Roll	\$4.50 E
Bacon & Egg Roll	\$6.50 O
Raisin Toast	\$2.50 E
Hash Browns	\$2.00 O

### Sandwiches (available Everyday)

Fresh Chicken Full Breast with lettuce and mayo	\$6.00 E
Leg Ham cheese and tomato	\$6.00 E
Roast Beef with lettuce and tomato	\$5.50 E
Roast Turkey with Cranberry Sauce	\$5.00 E
Tuna Salad	\$5.00 E
Mild or Tasty Cheese	\$4.00 E
Cheese & Tomato	\$4.50 E
Tomato	\$3.00 E
Salad	\$5.00 E
Avocado	\$3.00 E
Vegemite	\$3.00 E
Honey	\$3.00 E
Buttered Bread	\$1.00 E
Egg	\$4.00 E
Egg & Lettuce	\$4.50 E

(White/Wholemeal or Lebanese Bread)

You will also be able to make your own sandwich from a variety of selections.

Sandwiches Toasted available all day

### Wraps (available everyday)

Salad - Lettuce, Tomato, Carrots, Cucumber, Beetroot, Red Onion	\$7.00 E
Breast Chicken - Lettuce & Mayo,	\$7.00 E
Leg Ham & Salad	\$6.00 E
Chicken - Cheese & Tomato	\$7.00 E
Tuna - Lettuce, tomato & Mayo	\$6.00 E
Roast Beef & Salad	\$7.00 E
Tandoori Chicken - Cucumber & Lettuce	\$7.00 E
Chicken Caesar - Cos Lettuce, Bacon, Cheese, Croutants, Dressing	\$7.00 E
Falafel - Tabouli, Houmos, Lettuce	\$7.00 E
(Available) on a Turkish Roll	\$7.00 E

### Hot Foods

Hamburger Plain	\$6.50 E
(Served on a large 85 gram roll, fresh beef meat made on site daily, lettuce tomato, beetroot, cooked onions and sauce)	
Cheese Burger	\$7.00 E
(Served on a large 85 gram roll, fresh beef meat, lettuce, tomato, beetroot, cooked onions, grilled cheese and sauce)	\$6.50 E
Chicken Burger (Halal)	
(Served on a large 85gram roll, full crumbed chicken breast, lettuce and mayonnaise.)	
Caesar Burger	\$7.00 E
(Chicken breast fillet, bacon, lettuce and Caesar source)	
Portuguese Burger	\$7.00 E
(Grilled Chicken breast fillet, peri peri source, lettuce)	
Chicken Schnitzel breast roll with lettuce & mayonnaise	\$7.00 E
Sweet Chilly Tender Roll with Lettuce and Sweet Chilly Sauce	\$7.00 O
Hot Dogs (Low Fat or Halal)	\$4.50 O
Hot Dogs with Cheese	\$5.00 O
Chicken Kebab	\$4.50 E
(125 grams of skinned chicken marinated with lemon and pepper)	
Chicken Kebab (on roll with lettuce and mayonnaise)	\$7.00 E
Chicken Nuggets (4 pieces) (Halal)	\$3.50 O
Chicken Devil Wings (Halal)	\$2.50 E
Garlic Bread full roll	\$2.80 E
Hash browns	\$2.00 O
Pizza (variety)	\$4.50 O
Vegetarian Burger	\$6.50 E

**Fresh Salad Combinations (Available Everyday)**

	Small	Large
Freshly Cut Fruit Salad	\$5.50	\$7.00 E
Caesar Salad	\$5.50	\$7.00 E
Fresh Chicken Pasta Salad & Avocado	\$5.50	\$7.00 E
Greek Salad	\$5.50	\$7.00 E
Tuna Pasta Salad	\$5.50	\$7.00 E
Potato Salad	\$5.50	\$7.00 E
Tabouli Salad	\$5.50	\$7.00 E
Coleslaw Salad	\$5.50	\$7.00 E
Garden Salad	\$5.50	\$7.00 E
Pumpkin & Baby Spinach Salad	\$5.50	\$7.00 E

**Hot Meals (available everyday)****2 Dishes Rotating everyday)**

Butter Chicken with rice	\$5.50	\$7.00 E
Fried Rice (Vegetarian)	\$5.50	\$7.00 E
Chicken Pasta	\$5.50	\$7.00 E
Cheese Macaroni	\$5.50	\$7.00 E
Spagetti Bolognaise	\$5.50	\$7.00 E
Cream & Cheese Potatoes	\$5.50	\$7.00 O
Home-made Lasagne (Beef) or Vegetarian	\$5.50	\$7.00 E
Chinese Noodles	\$5.50	\$7.00 E

**Juices (available everyday)**

Fresh Juice (Large)	\$4.50 E
Fresh Juice (Small)	\$3.50 E
Apple Juice	\$3.50 E
Popper Juice	\$3.00 E
Aloe Juice Watermelon, Peach or Original	\$4.50 E
Juice Bomb	\$3.50 E
Chil J	\$4.50 E
Ice Tea	\$5.00 O

**Pies / Sausage Rolls**

Meat Pie (Low Fat or Halal)	\$5.00 O
Sheppard's Pie (Low Fat or Halal)	\$5.00 O
Sausage Rolls (Low Fat or Halal)	\$4.50 O
Spinach & Ricotta Roll	\$4.50 O
Potato Wedges (oven cooked) with Sweet Chilli or Sour Cream....	\$5.50 O
Cup of Noodles	\$3.50 O

Please note that all foods are cooked in the oven or hot plate.

**Cold Beverages (available everyday)**

Spring Water	\$2.50 E
Waterfords Flavoured Sparkling Water	\$4.50 E
Pepsi Max Cans (no sugar)	\$3.00 O
Pepsi Max Bottles (no sugar)	\$5.00 O

**Milk Shakes/Milk (available everyday)**

Milk Shakes (no ice-cream)	\$4.50 E
Plain Milk 300 mls	\$2.50 E
Plain Milk 600 mls	\$3.50 E
Oak small (300 mls)	\$3.50 E
Oak Lage (500 mls)	\$4.50 E
Up & Go	\$3.50 E
Ice Blocks	RRP E
Twist Frozen Yoghurt GF	RRP E
Ice Money TNT	RRP E
Quelch Berry Ice Block	RRP E
Snap Sitcks	RRP E
Custard Cups	\$3.00 E
Jelly Cups	\$3.00 E
Banana Bread	\$4.00 O
Muffins	\$4.00 O