

CANTEEN MENU

BREAKFAST MENU... (everyday items)

Variety of Fresh Fruit	1.00 E
Ham & Cheese Toasted	4.00 E
Croissants Plain	3.50 O
Croissant Ham & Cheese	4.50 O
Toasted Cheese (H)	3.00 E
Toasted Sandwich (Veg, Honey or Jam)	2.00 E
Rice Pudding	4.00 O
Egg Roll	4.00 E
Bacon & Egg Roll	5.00 C
Raisin Roast	1.50 E
Hash Brown	1.50 O
Yogurt 95% (F/F) with Muesli & Fresh Fruit	4.00 E



SANDWICHES... (everyday items)

Vegemite or Honey	2.00 E
Tuna Salad	4.00 E
Mild or Tasty Cheese (H)	3.00 E
Roast Beef with Lettuce & Cheese	4.50 E
Cheese & Tomato	3.50 E
Roast Turkey with Cranberry Sauce	4.00 E
Salad (lettuce, carrot, tomato, cucumber) (V)	3.80 E
Leg Ham, Cheese & Tomato	4.50 E
Tomato	2.00 E
Avocado	2.80 E
Fresh chicken lettuce & mayo	4.50 E
Egg	3.00 E
Egg & Lettuce	3.50 E
Buttered Bread	1.00 E



HOT FOOD...

Garlic Bread Full Roll	2.00 E
Chicken Devil Wing (H)	1.80 E
Hamburger Plain	5.00 E
Cheese Burger	5.50 E
Chicken Burger (H)	5.00 O
Caesar Burger	5.50 E
Portuguese Burger	5.50 E
Vegetarian Burger	5.00 O
Chicken Snitzel Breast on a L/Roll	5.50 E
Chicken Kebab on a L/Roll	3.00 E
Potato Wedges (With Chili or Sour Cream) (H)	4.50 O
Noodles cup (beef or chicken) (H)	3.00 O
Chicken nuggets x4 (H)	3.00 O
Sweet Chili Tender Roll with Lettuce	5.00 O
Hot dog (low fat) (H)	3.50 O
Hot Dog with Cheese	4.00 O
Sausage roll (H)	4.00 O
Meat Pie (H)	4.00 O
Sheppards Pie (H)	4.00 O
Spinach & Ricotta Roll	4.00 O
Hash Browns	1.50 O
Pizza (Variety)	4.00 E



JUICES... (everyday items)

Fresh Juice	Sm 2.80	Lg 3.80 E
Apple Juice		2.80 E
Poppers		2.50 E
Aloe Juice Watermelon, Peach, Original		3.50 E
Juice Bomb		3.00 E
Chill J 100% Fruit Juice		3.00 E
Ice Tea		4.00 O



WRAPS ... (everyday items)

Salad	5.50 E
(Lettuce, Tomato, Carrots, Cucumber Beetroot Red Onion)	5.50 E
Breast Chicken- Lettuce & Mayo	5.50 E
Leg Ham & Salad	5.50 E
Chicken-Cheese & Tomato	5.50 E
Tuna-Lettuce, Tomato & Mayo	5.50 E
Roast beef & Salad	5.50 E
Tandoori Chicken-Cucumber & Lettuce	5.50 E
Chicken Caesar	5.50 O
Falafel-Tabouli, Houmos & Lettuce	5.50 E
(Available) on a Turkish Roll	6.00 E

SALADS... (everyday items)

Freshly Cut Fruit Salad	Sm 4.00	Lg 5.50 E
Garden salad (V)	Sm 4.00	Lg 5.50 E
Tuna Pasta Salad	Sm 4.00	Lg 5.50 E
Caesar Salad	Sm 4.00	Lg 5.50 O
Potato Salad	Sm 4.00	Lg 5.50 E
Fresh Chicken Pasta Salad & Avocado	Sm 4.00	Lg 5.50 E
Tabouli Salad	Sm 4.00	Lg 5.50 E
Greek salad	Sm 4.00	Lg 5.50 E
Coleslaw Salad	Sm 4.00	Lg 5.50 E
Pumpkin & Baby Spinach Salad	Sm 4.00	Lg 5.50 E



All salads served in 12oz dome

HOT MEALS... (2 Dishes Rotating everyday)

Beef lasagna (H)	Sm 4.00	Lg 5.50 E
Vegetarian lasagna (V)	Sm 4.01	Lg 5.50 E
Butter Chicken with Ri	Sm 4.02	Lg 5.50 E
Fried Rice (Veg)	Sm 4.03	Lg 5.50 E
Chicken Pasta	Sm 4.04	Lg 5.50 E
Cheese Macaroni	Sm 4.05	Lg 5.50 E
Spaghetti Bolognese	Sm 4.06	Lg 5.50 E
Cream & Cheese Potatoes	Sm 4.07	Lg 5.50 O
Chinese Noodles	Sm 4.08	Lg 5.50 E



SNACKS...

Ice Blocks	RRP E
Twist Frozen Yogurt GF	RRP E
Ice Money TNT	RRP E
Quelch Berry Ice Block	RRP E
Snap Sticks	RRP E
Custard Cups	1.50 E
Jelly Cups	1.50 E
Banana Bread	3.20 O
Muffins	3.50 O



COLD BEVERAGES...

Spring Water		2.50 E
Waterfords Flavoured Sparkling Water		3.50 E
Pepsi Max Cans (No Sugar)		2.50 O
Pepsi Max Bottles (No Sugar)		4.00 O
Milk Shakes (No ice-cream)		3.50 E
Plain Milk	Sm 2.00	Lg 2.50 E
Oak Milk	Sm 2.80	Lg 4.00 E
Up & Go		3.00 E



We have all types of Bread
White, Wholemeal, Multigrain,
Wraps, White Rolls
Or Focaccia