



# Canteen Menu

## Breakfast: 7.30 – 8.20 am

**Self-serve options:** selection of toasties, fresh fruit, yoghurt, milk and fruit juices

### Café options

Ham & cheese toastie	\$3.00
Hash Brown	\$1.00
Bacon, egg, cheese & BBQ sauce muffin	\$4.50
Homemade Vegemite & cheese scrolls	\$3.00
Fresh watermelon cup (seasonal only)	\$2.00
Fruit, Greek yoghurt & muesli cup	\$4.00

### Sandwiches

Chicken/Ham (let, tom, carrot, cucumber) + cheese	\$6.00
Ham, Cheese & Tomato	\$4.50
Ham, Cheese & Pickles	\$4.50
Egg & Lettuce	\$4.50
Chicken, lettuce & Mayo	\$5.00

### Salads

Chicken Caesar salad	Lg \$7
(Chicken, egg, bacon, parmesan cheese, lettuce, Caesar dressing)	
Greek salad	Sm \$5 Lg \$7
(lettuce, red onion, cucumber, tomato, fetta & olives, optional)	

### Wraps

Sweet Chilli Tender	\$6.00
(2 x Chic tender, let, carrot, cheese, tom, sweet chilli mayo)	
Chicken/Ham Salad	\$6.00
(lettuce, tomato, carrot, cheese, cucumber)	
Salad & Cheese	\$5.00
(lettuce, cheese, tomato, carrot, cucumber)	

## Hot Food

Bakery Pies (chunky steak, cheese & bacon)	\$5.00
Traveller pie and sausage rolls	\$4.50
Cheese & spinach roll	\$5.00
Homemade Vegemite & cheese scroll	\$3.00
Hot dog	\$3.50 w/cheese \$4.00
Steamed Dim Sims (3)	\$3.50
Noodle Cup (chicken/beef)	\$3.00
Garlic Bread	sm \$2.50 lg \$3.50
Potato Gems	\$2.50
Chicken Goujons (5)	\$3.00
Homemade vegetable pasta pot	\$4.00
Homemade pizza (ham, cheese)	\$5.00
Butter chicken w/rice 320g	\$5.00
Coconut chicken Thai curry w/Jasmine rice 320g	\$5.00
Nachos (corn chips, salsa, cheese, sour cream)	\$4.50
Wedges (sour cream and sweet chili sauce)	\$3.50

## Burgers

Cheese Burger (cheese, lite beef pattie, tomato sauce)	\$5.50
Chicken Burger	\$6.00
(japanese mayo, southern fried chicken burger breast, let, cheese, BBQ sauce)	
Big Mac Burger (lite beef pattie, let, cheese & special sauce)	\$5.50

## Cold Drinks

Flavoured milk Iced coffee, strawberry, chocolate 300 ml,	\$3.00
choc, iced coffee no sugar added, straw 500 ml	\$4.00
Oak Protein Plus chocolate, vanilla	\$4.50
Lactose free iced coffee	\$4.50
Water	600ml \$2.00 Litre \$3.00
Slushy	\$2.00
Poppers (apple, orange, apple/blackcurrant)	\$2.00
Orchy Juice 350ml (apple, pineapple, blackcurrant)	\$3.50
Waterford Lite Sparkling	475ml \$3.50
(Lime, Lite Blackcurrant, Orange & Passionfruit)	
Chocolate Up-n-Go	\$2.50
Dairy Free Chocolate Up-n-Go	\$3.00
Protein Chocolate Up-n-Go	\$3.00

## Ice Cream

Frozen Juice Cup (apple/blackcurrant)	\$1.00
Icy Pole (lemonade/raspberry)	\$1.50
Cyclone	\$2.50
Lifesaver	\$2.50
Billabong (chocolate/rainbow)	\$2.00
Milo cup	\$3.50
Twisted Frozen Yoghurt (watermelon/mango, choc/van)	\$2.50

## Snacks

Fresh Fruit (Seasonal)	\$1.00
Boiled Egg	\$1.00
Fresh Fruit Salad Cup (seasonal)	\$3.00
Fresh watermelon cup (seasonal only)	\$2.00
Homemade muffins (3)	\$1.00
Fruit, Greek yoghurt & muesli cup	\$4.00
Cookie (chocolate chip/M & M)	\$1.50

## Weekly specials

<b>Monday – Chicken karaage bowl</b>	\$7.00
(rice, lettuce, carrot, cucumber, sauce & kewpie mayo)	
<b>Sushi (chicken &amp; avo, chicken teriyaki, tuna, tuna &amp; avo)</b>	\$4.00
<b>Tuesday – Beef/chicken kebab</b>	\$6.00
(lettuce, cheese, tomato & BBQ sauce)	
<b>Wednesday – Chicken karaage wrap</b>	\$3.50
<b>Sweet chilli wrap</b>	\$6.00
<b>Chicken tacos (2)</b>	\$6.00
(soft tortilla, lettuce, tomato, chicken tender, cheese & lime aioli)	
<b>Thursday - Beef nachos</b>	\$6.00
(minced beef, corn chips + sour cream optional)	
<b>Friday – Chicken karaage</b>	\$7.00