



2023 CANTEEN MENU

HOT FOOD

<ul style="list-style-type: none"> * Lean Meat Pie \$4.00 * Lean Sausage Roll \$3.00 * Ham and Cheese Roll \$2.50 * Spinach and Ricotta Roll \$3.50 * Spring Rolls (4) \$3.00 * Chicken Fingers (5) \$3.50 * Noodle Cup (1 flavour per day) \$2.50 * Sauce \$0.40 	<ul style="list-style-type: none"> * Chicken Burger \$5.00 (Lettuce, Mayo, 100% Breast Fillet) * Sweet Chilli Burger \$5.00 * Other burgers (one of the following available each week) <ul style="list-style-type: none"> o Chicken BLT \$6.00 o Chicken Parma \$6.00 o Hamburger \$6.00 o Chargrilled Chicken (CC) \$5.50 o Hawaiian \$6.00 	<p>GLUTEN FREE OPTIONS <i>Must be pre ordered</i></p> <ul style="list-style-type: none"> GF Sausage Rolls \$3.50 GF Noodle Cups \$3.00 GF Nuggets (5) \$3.50 GF Toastie (Ham/Cheese) \$4.00
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SANDWICHES

<ul style="list-style-type: none"> * Salad \$4.00 * Ham, Cheese, Tomato \$3.50 * Cheese and Tomato \$3.00 * Ham and Tomato \$3.50 * Ham and Cheese \$3.50 * Ham \$3.00 * Ham and Salad \$5.00 * Chicken and Salad \$5.00 * Cheese \$2.00 	<ul style="list-style-type: none"> * Chicken and Cheese \$3.50 * Egg \$3.00 * Egg and Lettuce \$4.00 * Curried Egg \$3.00 * Curried Egg and Lettuce \$4.00 * Chicken, Lettuce, Mayo \$4.00 * Chicken and Avocado \$4.50 * Vegemite \$2.00 * Vegemite and Cheese \$2.50
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WRAPS/SUBS

SALAD TUBS

SOUPS

<ul style="list-style-type: none"> * Carrot, Lettuce, Chicken, Cheese Wrap \$3.50 * One of the following available per week: <ul style="list-style-type: none"> o Chicken Caesar Subs \$6.00 o Mexican Meatball Subs \$6.00 o Peri Peri Wraps \$5.50 o Burrito \$5.50 	<p>Term 1 and 4 ONLY</p> <ul style="list-style-type: none"> * Salad \$5.50 * Chicken Caesar \$7.00 	<p>Term 2 and 3 ONLY</p> <ul style="list-style-type: none"> * Flavours will be rotational \$4.50 o Moroccan Vegetable Soup o Chicken & Corn Soup o Pumpkin Soup o Pea & Ham Soup
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DRINKS

<ul style="list-style-type: none"> * Icebreak \$4.00 * 600ml Plain Milk \$2.50 * 500ml Flavoured Milk \$3.50 Chocolate, Strawberry * 300ml Flavoured Milk \$2.50 Chocolate, Strawberry, Vanilla * Small Juice \$2.50 * Kombucha \$3.50 * Juice Bombs: Grape, Watermelon, Cola \$2.50 	<ul style="list-style-type: none"> * Poppers \$1.50 Apple, Apple Blackcurrant, Paradise Punch * Waterfords Lightly Sparkling Water \$3.00 * Waterfords Sparkling Flavoured Water \$3.00 * Water \$1.50 * Coke Zero, Diet Coke \$3.00 * Sprite No Sugar \$3.00 * Up and Go: Chocolate, Vanilla, Banana, Caramel \$2.50
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SNACKS/ICE BLOCKS

<ul style="list-style-type: none"> * Small Chips \$1.50 * Low Fat Choc Mousse \$1.50 * Yoghurt Tubs \$2.50 Vanilla, Passionfruit, Strawberry * Low Fat Choc Muffins \$2.50 * Fresh Fruit: Apples, Oranges, Bananas \$1.00 	<ul style="list-style-type: none"> * Watermelon Tub \$2.50 * Fruit Salad Tub (Seasonal) \$3.00 * Jelly (1 flavour per day) \$1.00 * Juicies (Ice block): Lemonade, Wildberry, Tropical \$1.50 * Moosies \$1.50 * Twisted Frozen Yoghurt \$2.50
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WEEKLY SPECIALS

<p><u>MONDAY AND WEDNESDAY</u></p> <ul style="list-style-type: none"> * Ham and Cheese Toastie \$4.00 * Nachos (Beef or Vegetarian) \$6.00 <p><u>TUESDAY AND THURSDAY</u></p> <ul style="list-style-type: none"> * Rissolle and Gravy Roll \$5.50 * Spaghetti Bolognese \$5.00 <p><u>FRIDAY</u></p> <ul style="list-style-type: none"> * Ham and Cheese Toastie \$4.00 * Chicken and Gravy Roll \$6.00 	<p><u>WEEKLY ROTATIONAL</u> (1 available per week)</p> <ul style="list-style-type: none"> * Vegetarian Fried Rice \$4.50 * Stir Fry \$6.00 * Gourmet Chicken Toasted Sandwich \$5.00
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