

2024 CANTEEN MENU

:01

QUANTUM POTERO		НОТ Р				
* Lean Meat Pie \$4.00	* Chicken I		000	\$5.00	One of the following availa	ble per
* Lean Sausage Roll \$3.00		* Chicken Burger			week:	
* Ham and Cheese Roll \$2.50		(Lettuce, Mayo, 100% Breast Fillet) * Sweet Chilli Burger \$5.0			* Chicken Caesar Subs	\$6.00
* Spinach and Ricotta Roll \$3.50		* Other burgers (one of the follow			* Mexican Meatball Subs	\$6.00
* Spring Rolls (4) \$3.00		available each week)			* Peri Peri Wraps	\$5.50
* Chicken Fingers (5) \$3.50		 Chicken BLT 			* Burrito	\$5.50
* Noodle Cup (1 flavour per day) \$2.50		 Chicken Parma 			* Gourmet Chicken Toastie	\$5.00
* Sauce \$0.40	 Hambu 			\$6.00 \$6.00		
		illed Chicke	n (CC)	\$5.50		
	 Hawaii 		、 ,	\$6.00		
		NDWICHE				4
* Salad	Ş4.00				cheese, Lettuce, Carrot Wrap	\$3.50
* Ham, Cheese, Tomato	\$3.50			* Egg		\$3.00
* Cheese and Tomato		\$3.00		* Egg and Lettuce		\$4.00
* Ham and Tomato		\$3.50		* Curried Egg		\$3.00
* Ham and Cheese		\$3.50		* Curried Egg and Lettuce* Chicken, Lettuce, Mayo		\$4.00
* Ham	\$3.00					\$4.00
* Ham and Salad	\$5.00			* Chicken ar	nd Avocado	\$4.50
* Chicken and Salad	\$5.00			* Vegemite	and Chassa	\$2.00
* Cheese	\$2.50			* Vegemite		\$2.50
GLUTEN FREE OPTIONS		SALAD	TUBS –		SOUPS	
Must be pre ordered	Term 1 and	d 4 ONLY			Term 2 and 3 ONLY	
GF Sausage Rolls \$3.50	* Salad		\$5.50		* Flavours will be rotationa	l \$4.50
GF Noodle Cups \$3.00	* Chicken (* Chicken Caesar \$7.00			 Moroccan Vegetable Sc 	bup
GF Nuggets (5) \$3.50					 Chicken and Corn Soup 	
GF Toastie (Ham/Cheese) \$4.00					 Pumpkin Soup 	
					 Pea & Ham Soup 	
* Icebreak	\$4.50					4
* 600ml Plain Milk	\$2.80		* Poppe			\$1.50
* 500ml Flavoured Milk	\$4.00	\$4.00		Apple, Apple Blackcurrant, Paradise Punch		
Chocolate, Strawberry				* Waterfords Lightly Sparkling Water		
* 300ml Flavoured Milk	\$3.00	\$3.00		* Waterfords Sparkling Flavoured Water		
Chocolate, Strawberry, Vanilla				* Water		
* Small Juice	\$2.50		* Coke Zero, Diet Coke * Sprite No Sugar			\$3.00
* Kombucha	\$3.50		* Up and Go: Chocolate, Vanilla, Banana, Caramel			\$3.00
* Juice Bombs: Grape, Watermelon, Cola	\$2.50	\$2.50		d Go: Chocolat	e, Vanilla, Banana, Caramei	\$2.50
		SNACKS/I	CE BLOCK	s		
* Small Chips	\$1.50			melon Tub		\$2.50
* Low Fat Choc Mousse		\$1.50		* Fruit Salad Tub (Seasonal)		\$3.00
* Yoghurt Tubs	\$2.50		<i>,</i> , ,	L flavour per da		\$1.00
Vanilla, Passionfruit, Strawberry	40				nonade, Wildberry, Tropical	\$1.50
* Low Fat Choc Muffins	\$2.50		* Moosi			\$1.50
* Fresh Fruit: Apples, Oranges, Bananas	\$1.00		* I wiste	d Frozen Yoghı	urt	\$2.50
		WEEKLY S	PECIALS			
MONDAY AND WEDNESDAY * Ham and Cheese Toastie	\$4.00					
* Nachos (Beef or Vegetarian)	\$4.00 \$6.00				(1 available per week)	\$4.50
TUESDAY AND THURSDAY	JO.00	40.00		* Vegetarian Fried Rice		
* Rissole and Gravy Roll	\$5.50		* Pasta Carbonara			\$4.50
* Spaghetti Bolognese	\$5.00		* Dip Bo	х		\$3.50
FRIDAY	40.00					
* Ham and Cheese Toastie	\$4.00					
* Chicken and Gravy Roll	\$6.00					
	,					