



# 2024 CANTEEN MENU

## HOT FOOD

* Lean Meat Pie \$4.50	* Chicken Burger \$5.50 (Lettuce, Mayo, 100% Breast Fillet)	One of the following available per week:
* Lean Sausage Roll \$3.50	* Sweet Chilli Burger \$5.50	
* Ham and Cheese Roll \$3.00	* Other burgers (one of the following available each week)	* Chicken Caesar Subs \$6.50
* Spinach and Ricotta Roll \$4.00	o Chicken BLT \$6.50	* Mexican Meatball Subs \$6.50
* Spring Rolls (4) \$3.00	o Chicken Parma \$6.50	* Peri Peri Wraps \$6.00
* Chicken Wedges (3) \$3.50	o Hamburger \$6.50	* Burrito \$5.50
* Noodle Cup (1 flavour per day) \$3.00	o Chargrilled Chicken (CC) \$6.00	* Gourmet Chicken Toastie \$5.50
* Sauce \$0.50	o Hawaiian \$6.50	

## SANDWICHES/WRAPS

* Salad \$4.50	* Chicken, Cheese, Lettuce, Carrot Wrap \$4.00
* Ham, Cheese, Tomato \$4.00	* Egg \$3.50
* Cheese and Tomato \$3.50	* Egg and Lettuce \$4.50
* Ham and Tomato \$4.00	* Curried Egg \$3.50
* Ham and Cheese \$4.00	* Curried Egg and Lettuce \$4.50
* Ham \$3.50	* Chicken, Lettuce, Mayo \$4.50
* Ham and Salad \$5.50	* Chicken and Avocado \$5.00
* Chicken and Salad \$5.50	* Vegemite \$2.50
* Cheese \$3.00	* Vegemite and Cheese \$3.00

## GLUTEN FREE OPTIONS

*Must be pre ordered*

GF Sausage Rolls \$4.00
GF Noodle Cups \$3.50
GF Nuggets (5) \$4.00
GF Toastie (Ham/Cheese) \$4.50

## SALAD TUBS

### Term 1 and 4 ONLY

* Salad \$6.00
* Chicken Caesar \$7.50

## SOUPS

### Term 2 and 3 ONLY

\* Flavours will be rotational \$4.50

o Moroccan Vegetable Soup
o Chicken and Corn Soup
o Pumpkin Soup
o Pea and Ham Soup

* Icebreak \$4.50	* Poppers \$2.00 Apple, Apple Blackcurrant, Paradise Punch
* 600ml Plain Milk \$2.80	* Waterfords Lightly Sparkling Water \$3.00
* 500ml Flavoured Milk \$4.00 Chocolate, Strawberry	* Waterfords Sparkling Flavoured Water \$3.00
* 300ml Flavoured Milk \$3.00 Chocolate, Strawberry, Vanilla	* Water \$1.50
* Small Juice \$2.50	* Coke Zero, Diet Coke \$3.00
* Kombucha \$3.50	* Sprite No Sugar \$3.00
* Juice Bombs: Grape, Watermelon, Cola \$2.50	* Up and Go: Chocolate, Vanilla, Banana, Caramel \$3.00

## SNACKS/ICE BLOCKS

* Small Chips \$1.50	* Fruit Salad Tub (Seasonal) \$3.50
* Low Fat Choc Mousse \$1.50	* Jelly (1 flavour per day) \$1.00
* Yoghurt Tubs \$2.50 Vanilla, Passionfruit, Strawberry	* Juicies (Ice block): Lemonade, Wildberry, Tropical \$2.00
* Low Fat Choc Muffins \$2.50	* Moosies \$2.00
* Fresh Fruit: Apples, Oranges, Bananas \$1.50	* Twisted Frozen Yoghurt \$2.50
* Watermelon Tub \$2.50	* Low Fat Chocolate Ice Cream \$2.00

## WEEKLY SPECIALS

<u>MONDAY AND WEDNESDAY</u>	
* Ham and Cheese Toastie \$4.50	
* Nachos (Beef or Vegetarian) \$6.50	
<u>TUESDAY AND THURSDAY</u>	
* Rissolle and Gravy Roll \$6.00	
* Spaghetti Bolognese \$5.50	
* Cheese Toastie \$4.00	
<u>FRIDAY</u>	
* Ham and Cheese Toastie \$4.50	
* Chicken and Gravy Roll \$6.50	
	<u>WEEKLY ROTATIONAL</u> (1 available per week)
	* Vegetarian Fried Rice \$4.50
	* Pasta Carbonara \$4.50
	* Dip Box \$3.50