



CANTEEN MENU

Winter

Breakfast - Available from 8am daily

Apple	\$1.00
Yoghurt low fat	\$2.50
Up & Go 250ml	\$2.50
Cheese & cracker	\$3.50

Snacks

Red Rock chips	\$1.50
Sara Lee Muffin 120gm	\$2.50
Watermelon bowl	\$4.00
Fruit salad bowl	\$4.50



Drinks

Bottled Water - Small	\$1.50
Bottled Water - Large	\$2.00
Brownes Chill Milk 300 ml	\$2.50
<i>Chocolate, Strawberry, Banana,</i>	
Emma & Toms Juice 350ml	\$3.50
<i>Straight orange juice, cloudy apple, kamarama</i>	



Everyday Options

SANDWICHES

All sandwiches are made with wholemeal bread

Chicken & salad	\$4.50
Ham & cheese	\$4.00
Chicken & mayo	\$4.00
Curried egg & lettuce	\$4.00
Various other flavours	\$4.00

WRAPS

Falafel, hommus & spinach	\$5.00
Sweet chilli chicken strip & salad	\$5.00
Various other flavours	\$5.00

SALAD BOWLS

Sweet chilli chicken strip	\$5.50
Chicken Caesar	\$5.50

VIETNAMESE RICE PAPER ROLLS - 3 pack

** Not available on Monday*

Teriyaki chicken	\$4.50
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SUSHI

4 piece pack - assorted flavours	\$4.50
6 piece pack - assorted flavours	\$6.50

HOT MEALS

Traditional Lasagna	\$4.00
Macaroni Cheese	\$4.00
Vegetarian Fried Rice (Gluten free)	\$4.00

Break One Specials

* sauce included in price

MONDAY

Chicken tender x 2	\$3.00
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TUESDAY

Snack sausage roll *	\$2.50
Noodle cup	\$3.50

WEDNESDAY

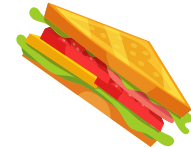
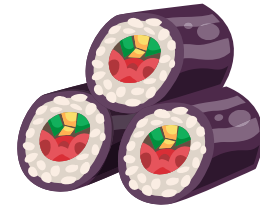
Toasted sandwich	\$4.50
<i>ham & cheese, ham, cheese & tomato, chicken & cheese</i>	

THURSDAY

Snack sausage roll *	\$2.50
Noodle cup	\$3.50

FRIDAY

Chicken tender x 2	\$3.00
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Daily Lunch Specials

MONDAY

Mrs Macs lite'n'up beef pie *	\$4.00
Mrs Macs sausage roll *	\$3.50
Mrs Macs spinach & ricotta sausage roll *	\$3.50
Chicken & Bacon Pizza	\$5.00

* sauce included in price

TUESDAY

Pizza - Margarita Magic	\$3.00
Pizza - Meatlovers	\$3.00
Chilli chicken sub	\$5.00



WEDNESDAY

Nachos	\$4.00
Beef Burger	\$5.00
Chicken Burger	\$5.00

THURSDAY

Hot dog	\$4.00
Ravioli Napolitana	\$4.00



FRIDAY

Fish & potato gems	\$5.00
Pizza - Very Vegetarian	\$3.00

Icecreams - Available Break Two

Paddlepop - <i>Chocolate, Rainbow</i>	\$1.50
Frozen yoghurt	\$2.00
Lemonade Icy Twist	\$1.50