



CANTEEN MENU *Summer*



Breakfast

Available from 8am daily

Apple	\$1.00
Watermelon tub	\$4.00
Yoghurt low fat	\$2.50
Up & Go 250ml	\$2.50
Cheese & cracker	\$4.00



Break One Specials

* sauce included in price

MONDAY

Chicken tender x 2 \$3.50

TUESDAY

Snack sausage roll * \$3.00

WEDNESDAY

Toasted sandwich \$4.50

THURSDAY

Snack sausage roll * \$3.00

FRIDAY

Chicken tender x 2 \$3.50



Everyday Options

SANDWICHES

All sandwiches are made with wholemeal bread

Chicken & salad	\$4.50
Ham & salad	\$4.50
Ham & cheese	\$4.50
Ham, cheese & tomato	\$4.50
Chicken & mayo	\$4.50
Egg & lettuce	\$4.50
Curried egg & lettuce	\$4.50



WRAPS

Falafel, hommus & spinach	\$5.50
Chicken & salad	\$5.50
Cheese & salad	\$5.50
Ham & salad	\$5.50
Chicken, avocado & sun-dried tomato	\$5.50
Sweet chilli chicken strip & salad	\$5.50

SALAD BOWLS

Sweet chilli chicken strip	\$6.00
Chicken Caesar	\$6.00

VIETNAMESE RICE PAPER ROLLS - 3 pack

* Not available on Monday

Various depending on availability \$4.50
(including cooked tuna, teriyaki chicken, katsu chicken, vegetarian)



SUSHI

white rice & gluten free available

* Not available on Monday

4 piece pack	\$4.50
6 piece pack	\$6.50

Cooked tuna, teriyaki chicken, katsu chicken, vegetarian

HOT MEALS

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

Snacks

Red Rock chips	\$1.50
Sara Lee Muffin 120gm	\$2.50



Icecreams

Available Break Two

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

Daily Lunch Specials

* sauce included in price

MONDAY

Mrs Macs lite'n'up beef pie *	\$4.50
Mrs Macs sausage roll *	\$4.00
Mrs Macs spinach & ricotta sausage roll *	\$4.00

TUESDAY

Pizza - Margarita Magic	\$3.00
Pizza - Meatlovers	\$3.00
Chilli chicken sub	\$5.50

WEDNESDAY

Nachos	\$4.00
Beef Burger	\$5.50
Chicken burger	\$5.50

THURSDAY

Hot dog	\$4.50
Chicken & bacon pizza	\$3.00

FRIDAY

Fish & potato gems	\$5.50
Pizza - Very Vegetarian	\$3.00



Drinks

Bottled Water 600ml	\$2.00
Brownies Chill Milk 300 ml	\$2.50
<i>Chocolate, Strawberry, Banana</i>	
Emma & Toms Juice 350ml	\$4.00
<i>Straight orange juice, cloudy apple, Karmarama</i>	