



# CANTEEN MENU *Winter*

## Breakfast - Available from 8am daily

Apple	\$1.00
Yoghurt low fat	\$2.50
Up & Go 250ml	\$2.50
Fruit cup in natural juice	\$2.00
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, Spearmint</i>	
Emma & Toms Juice 350ml	\$3.50
<i>Straight orange juice, cloudy apple, green power smoothie, radical action</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
------------------	--------

**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
Roast beef & gravy roll	\$5.00
Soup with roll - assorted flavours	\$5.00

## Break One Specials

*\* sauce included in price*

**MONDAY**

Chicken tender x 2	\$3.00
--------------------	--------

**TUESDAY**

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

**WEDNESDAY**

Toasted sandwich	\$4.50
<i>ham &amp; cheese or chicken &amp; cheese</i>	

**THURSDAY**

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

**FRIDAY**

Chicken tender x 2	\$3.00
--------------------	--------



## 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
Butter chicken & rice	\$4.00
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 Bolognese (Gluten free)	\$4.00
Nachos Salsa	\$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