



# CANTEEN MENU *Summer*



## Breakfast

Available from 8am daily

Apple	50c
Seasonal fruit	\$1.00
Watermelon tub	\$2.50
Fresh fruit salad bowl	\$4.50
Yoghurt low fat	\$2.50
Yoghurt & granola cup	\$4.50
Up & Go 250ml	\$2.50
Fruit cup in natural juice	\$2.00
Cheese & cracker	\$3.50



## Break One Specials

\* sauce included in price

### MONDAY

Chicken tender x 2	\$3.00
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### TUESDAY

Snack pie *	\$2.50
Snack sausage roll *	\$2.50

### WEDNESDAY

Half ciabatta toastie	\$2.50
<i>chicken &amp; cheese, ham &amp; cheese or hommus, semi sundried tomatoes &amp; roasted vegetables</i>	

### THURSDAY

Snack pie *	\$2.50
Snack sausage roll *	\$2.50

### FRIDAY

Chicken tender x 2	\$3.00
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## Everyday Options

### SANDWICHES

All sandwiches are made with wholemeal bread

Cheese & salad	\$4.00
Chicken & salad	\$4.50
Ham & salad	\$4.50
Salad	\$4.00
Ham & cheese	\$4.00
Ham, cheese & tomato	\$4.50
Chicken & mayo	\$4.00
Tuna & mayo	\$4.00
Roast beef, cheese, mustard	\$4.50
Corn beef & pickles	\$4.00
Egg & lettuce	\$4.00
Curried egg & lettuce	\$4.00



### WRAPS

Falafel, hommus & spinach	\$5.00
Chicken & salad	\$5.00
Cheese & salad	\$5.00
Ham & salad	\$5.00
Chicken, avocado & sun-dried tomato	\$5.00
Sweet chilli chicken strip & salad	\$5.00

### SALAD BOWLS

Sweet chilli chicken strip	\$5.50
Vietnamese chicken noodle	\$5.50
Char grilled sweet potato	\$5.50
Vietnamese noodle	\$5.50
Garden	\$5.00
Asian salad bowl - small	\$5.50
<i>* Not available on Monday</i>	
Asian salad bowl - large	\$6.50
<i>* Not available on Monday</i>	

### VIETNAMESE RICE PAPER ROLLS - 3 pack

*\* Not available on Monday*

cooked tuna, teriyaki chicken, katsu chicken, vegetarian	\$4.50
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### SUSHI

white rice, brown 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
Vegetable Lasagna	\$4.00
Macaroni Cheese	\$4.00
Vegetarian Fried Rice (Gluten free)	\$4.00

## Snacks

Protein ball (vegan)	\$4.00
Popcorn	\$1.00
Red Rock chips	\$1.50
Sara Lee Muffin 120gm	\$2.50
Hommus & Veg	\$4.00



## Icecreams

Available Break Two

Paddlepop - Chocolate, Rainbow, Caramel	\$1.50
Nippy's frozen juice cups	\$1.50
Blue ribbon bar choc protein	\$3.50

## Daily Lunch Specials

\* sauce included in price

### MONDAY

Mrs Macs lite'n'up beef pie *	\$4.00
Mrs Macs sausage roll *	\$3.50
Mrs Macs spinach & ricotta sausage roll *	\$3.50
Mrs Macs quiche Lorainne *	\$4.00
Butter chicken & rice	\$4.00

### TUESDAY

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



### WEDNESDAY

Nachos Bolognese (Gluten free)	\$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



## Drinks

Bottled Water 600ml	\$2.00
Brownies 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>	