

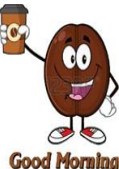
Made Fresh Canteen Menu 2018

SANDWICHES		
 Vegemite		\$1.00
 Cheese		\$2.00
 Cheese & Tomato		\$2.50
 Egg & Mayo		\$3.00
 Lean Ham & Cheese		\$3.50
 Egg, Lettuce & Mayo		\$3.50
 Lean Ham, Cheese & Tomato		\$4.00
 Tuna, Lettuce & Mayo		\$4.00
 Chicken, Lettuce & Mayo		\$4.50
 Chicken, Cheese & Mayo		\$4.50
 Salad (Lettuce, Tomato, Carrot, Cucumber)		\$4.50
 Salad and choice of Chicken or Lean Ham		\$5.00
Change to a Wrap or Roll add \$1.00		




FRESH FRUIT & YOGHURT		
 Oranges, Apples & Seasonal Fruit		\$1.00
 Fresh Cut Veggie Cup		\$1.50
 Fresh Diced Fruit Cup		\$2.00
 Yoghurt with Muesli Cup		\$2.50
 Yoghurt with Muesli Bowl (12oz)		\$4.00
 Seasonal Fresh Fruit Salad Bowl (12oz)		\$4.00
 Yoghurt with Fruit Salad Bowl (12oz)		\$5.00

HOT MEALS (ONE cooked each day)		
 Pasta Carbonara		\$4.50
 Pasta Bolognese		\$4.50
 Pasta with Meatballs		\$4.50
 Honey Mustard Chicken with Rice or Pasta		\$4.50
 Creamy Chicken with Rice or Pasta		\$4.50
 Chicken Hokkien Noodles		\$4.50
 Sweet Chilli Chicken Pasta		\$4.50
 Butter Chicken with Rice		\$4.50
 Mac & Cheese Pasta		\$4.50
 Jacket (Baked) Potatoes		\$4.50
 Fried Rice		\$4.50
 Hearty Winter Soup with a bread roll		\$5.00
Upsize Meals extra \$1.50		







HOT FOOD		
 Garlic Bread		\$2.00
 Cheese & Garlic Bread		\$2.50
 Small Sausage Roll		\$3.00
 Noodles Cup or Wedges Cup		\$3.50
 Beef or Chicken Hot Dog (one free sauce)		\$3.50
 Nachos		\$4.00
 Grilled Sausage on a Roll		\$4.00
 Large Meat Pie or Sausage Roll (one free sauce)		\$4.50
 Chicken Nuggets X 6		\$4.50
 Pizza with Cheese (Margherita)		\$5.00
 Meatballs on a Roll		\$5.50
 Grilled Chicken Souvlaki on a Roll		\$5.50
 School Chicken Burger		\$5.50
 Cheese burger 85g		\$5.50
 Aussie Beef Burger		\$5.50
 Bakery Potato Pie or Curried Pie		\$5.50
 Lasagne		\$5.50
 Chicken Schnitzel		\$6.00
 Sushi (available once per week) from		\$4.00
Extra sauce 0.30c		



SALADS (All Salads served in 12oz Dome)		
 Garden Salad		\$4.00
 Cheese Salad		\$4.00
 Egg Salad		\$4.00
 Tuna Salad		\$4.00
 Lean Ham Salad		\$4.00
 Caesar Salad		\$4.00
 Caesar Chicken Salad		\$4.50
 Chicken Breast Pasta Salad		\$4.50
Upsize Salad from 12oz to 20oz Dome extra \$2.00 Beetroot, Cheese or Avocado just add 0.50c each		

BREAKFAST		
 Hash Brown		\$1.00
 Hot Chocolate (8oz)		\$2.00
 Fresh Diced Fruit Cup		\$2.00
 Homemade Cheese Bread		\$2.00
 Homemade Cheese & Bacon Bread		\$2.50
 Homemade Fresh Muffins (all day)		\$2.50
 Pancakes or  Croissant plain		\$2.50
 Banana Bread		\$4.00
 Cheese & Egg Roll		\$4.00
 Lean Bacon & Egg Roll		\$4.50

Toasted Sandwiches		
 Cheese		\$2.00
 Tomato & Cheese		\$2.50
 Lean Ham & Cheese		\$3.50
 Lean Ham, Cheese & Tomato		\$4.00

MILK - JUICES - DRINKS		
 Water 600ml or Popper 100% juice		\$2.00
 Fruit Drinks		\$2.00
 Cans (sugar free)		\$2.50
 Milk plain or assorted flavoured from		\$2.50
 100% Juice (Orange, Apple, Blackcurrant)		\$3.50
 Bottled Milk, Drinks, Aloe Vera, Ice Tea from		\$4.00

SWEETS & SNACKS		
 Sumo Cookies or Cookies X 2		\$1.00
 Popcorn		\$1.00
 Jelly Cup (Plain or Frozen or 2 flavours) from		\$1.00
 Assorted Snacks-Chips from		\$1.30
 Caramel Slice-Lamington-Custard Tart etc from		\$2.50

FROZEN TREATS		
 Zooper Dooper		\$1.00
 Frozen Juice Cup		\$1.50
 Ice Cream from		\$2.50
 Frozen Yoghurt 100g (97% fat free)		\$3.50

BREAKFAST SPECIAL BEFORE 9AM

*Bacon & Egg or Cheese & Egg Roll
+ Hash Brown or Fresh Muffin
+ Water or Popper or Hot Chocolate \$5.00
add flavoured milk 300ml extra \$1.00*

Everyday Food

Occasional Food