

Made Fresh Canteen Menu



If Gluten Free food is required please order before 8.30am

GFA=Gluten Free options available **GF**=Gluten Free V=Vegetarian LF=Lactose Free



SANDWICHES		
E Cheese	GFA V	\$3.50
E Cheese & tomato	GFA V	\$4.00
E Lean ham & cheese	GFA	\$4.50
E Lean ham, cheese & tomato	GFA	\$5.00
E Curried egg	GFA	\$5.00
E Tuna, lettuce & mayo	GFA	\$5.00
E Salad (lettuce, tomato, carrot, cucumber)	GFA V LF	\$5.00
Fresh chicken, lettuce & mayo		\$5.50

S	
GFA V	\$4.50
GFA V	\$5.00
GFA	\$5.50
GFA	\$6.00
GFA	\$6.00
GFA	\$6.00
GFA V LIF	\$6.00
	\$6.50
	GFA V GFA GFA GFA GFA

SALADS (All Salads s	erved in	12oz bowi)
E Garden salad	W.	GF V LF \$5.50
E Cheese salad		GF V \$6.50
E Lean ham salad		●F ↓ \$6.50
E Tuna salad		GF ■ \$6.50
E Greek salad	All salads	GF V \$6.50
Fresh chicken breast salad	available	GF ↓ \$6.50
Fresh chicken avocado salad	every day if you	GF ∟F \$6.50
E Caesar salad (No chicken)	pre order	GFA \$6.50
Fresh chicken caesar salad	before 8.30am	GFA \$6.50
Fresh chicken breast pasta sala	d	GFA □ \$6.50

SUSHI		
E Tuna	GF	□ \$5.00
E Veggie	GF 1	/ ⊔ \$5.00
E Beef	GF	\$5.00
E Teriyaki chicken	GF	₽ \$5.00

HOT FOOD			
20 Hard Street			44.00
Hash brown	٧		\$1.80
O Chicken & corn roll			\$2.50
Chicken wings x 1		UF	\$2.50
Potato wedges (bag 100g)	٧		\$3.00
Potato gems x 10	V		\$3.00
Noodle cup chicken			\$4.00
Noodle cup beef			\$4.00
Beef hot dog	2		\$4.00
Chicken hot dog			\$4.00
Chicken nuggets (6 pieces)			\$5.50
Chicken goujonettes (5 pieces,			\$5.50
Garlic bread	V		\$3.00
© Garlic & cheese bread	V		\$3.50
E Homemade pizza with cheese	V		\$5.50
E Homemade pizza with lean ham & cheese			\$6.00
E Homemade bbq chicken pizza			\$6.00
E Homemade hawaiian pizza			\$6.00
Nachos with salsa & cheese	V		\$5.50
Mexican Quesadilla	v		\$6.00
Sausage roll			\$5.50
Meat pie			\$6.00
Potato or curry pie	j		\$6.50
Beef lasagne			\$6.50
Vegetarian lasagne	v		\$6.50
Plain grilled chicken souvlaki on a roll		LF	\$6.50
Sweet chilli chicken tender wrap			\$6.50
■ Beef meatball sub with napolitana sauce/cheese		LF.	\$6.50
Veggie pattie burger	v		\$6.50
O Chicken burger			\$6.50
E Cheeseburger			\$6.50
Aussie lean beef burger with lettuce/tomato		ur	\$7.00
Fillet-O-Fish burger with lettuce & mayo			\$7.00
HOMEMADE MEALS (TWO cooke			
ITOWIEWADE WEAES (IWO cooke	a e	acr	ı day)
Australian, European, Asian & Mexican M	/le	als	
Mac & cheese	v		\$6.00
© Creamy chicken with rice			\$6.00
Butter chicken with rice			\$6.00

Australian, European, Asian & Mexica	an N	le	als	
Mac & cheese		v		\$6.00
© Creamy chicken with rice	240			\$6.00
Butter chicken with rice				\$6.00
E Pasta bolognaise	GFA	ı	LF	\$6.00
E Pasta carbonara with lean ham	GFA			\$6.00
Pasta with beef meatballs				\$6.00
E Spaghetti napolitana	GFA	v	ur	\$6.00
E Sweet chilli chicken with rice				\$6.00
E Honey mustard chicken with rice				\$6.00
E Veggie fried rice	GF	v	LF	\$6.00
Fried rice with lean ham	GF		LF	\$6.00
E Chicken hokkien noodles				\$6.00
E Teriyaki chicken stir fry & steamed rice	GF		UF.	\$6.00
Thai red curry chicken, vegetables & rice				\$6.00
E Mexican chicken burrito skillet & rice			LF	\$6.00
E Vegetable noodle Soup		v	LF	\$6.00

FRESH FRUIT & YOGH	UR	RT	
E Whole fresh fruit each	GF	V LF	\$1.50
Fresh cut veggie cup	GF	V LF	\$2.50
Fresh cut watermelon cup	GF	V LF	\$3.00
Fresh grapes cup (seasonal)	GF	V LF	\$3.00
Fresh diced fruit cup	GF	V LF	\$3.50
E Vanilla yoghurt (low fat)	GF	v	\$3.50
F Yoghurt with fruit or muesli cup		v	\$4.00
E Watermelon pieces in a bowl (12oz)	GF	V LF	\$5.00
E Seasonal fresh fruit salad bowl (12oz)	GF	V LF	\$5.50
Fresh fruit salad with yoghurt bowl (12oz)	GF	v	\$6.00

MILK - JUICES - DRINKS	;		
Water 400ml	v	LF	\$2.00
Water 600ml	v	LF	\$2.50
E Pump water 750ml	V	LF	\$3.50
Popper 99% juice 250ml	v	LF	\$2.80
E UP & GO 250ml	v		\$3.30
Flavoured light milk 300ml	v		\$3.50
i Milk 600ml (plain)	v		\$4.50
E Bottled milk 500ml	v		\$5.50
Can of drink 375ml (sugar free)	v	LF	\$3.00
Waterfords lite & fruity	v	LF	\$5.00
Lipton light peach ice tea	v	LF	\$5.50

SNACKS & FROZEN ITE	ΞIV	IS	
E Bread sticks x 4		V L	\$1.50
Homemade cookies x 1 (made fresh daily)		v	\$1.50
Homemade muffins (made fresh daily)		v	\$3.00
O Popcorn	GF	V L	\$ \$1.00
Monster noodle snacks (Chicken or BBQ)			\$1.50
Rice sticks cheese		v	\$2.00
Grain waves 22g		v	\$2.50
Red rock deli chips 28g	GF	v	\$2.50
Delites rice snacks	GF	v	\$2.50
Quelch 99% fruit juice sticks		V L	\$ \$1.00
E Sour snap sticks	GF	V L	\$ \$1.50
Frozen 99% juice cup	GF	V L	\$2.00
99% frozen nippy's juice cup	GF	V L	\$2.50
Frozen milk cup (vanilla, choc, strawberry)		v	\$2.00
E Ice mony freeze pops		v	\$2.50
Vanilla ice cream cup (98% fat free)	GF	v	\$3.00
lelly cup		- 4	\$2.50
Custard cup			\$2.50
Chocolate custard cup			\$3.50
Rice pudding (200ml cup)	GF	v	\$3.00
Chocolate mousse		v	\$3.50
Homemade custard tart			\$4.00
Homemade chocolate custard tart			\$4.50

We have all types of bread: White, Wholemeal or Multigrain, Wraps, White Roll or Focaccia

Gluten Free sliced bread extra \$1.00 - Upsize Salad to 200z extra \$2.00

Extra fillings 0.80c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

Sauce each 50c - Cutlery each 30c