

CANTEEN MENU

ALL DAY SNACKS



APPLE	\$1.50
BANANA	\$1.50
ORANGE	\$1.50
COOKIE V	\$2.50
MUESLI BAR V	\$2.50
YOGHURT V	\$2.50
YOGO V	\$2.50
FRUIT SALAD CUP V	\$3.50
CHEESE AND CRACKERS V	\$3.50
HEALTHY TRAIL MIX V	\$4.50
MUFFIN V	\$4.50

BREAKFAST



YOGHURT, GRANOLA, BERRY CUP	\$4.50
CHEESE CROISSANT V	\$4.50
HAM & CHEESE CROISSANT	\$4.50
BACON & EGG TOASTIE	\$5.00

FROZEN TREATS



ICY POLE - JUICES	\$3.50
ICE CREAM - MOOSIES	\$3.00
ICE CREAM TUB - TWISTED YOGHURT	\$3.50

LUNCH

<u>VIETNAMESE RICE PAPER ROLLS</u>	\$5.80
SATAY CHICKEN	
AVOCADO GF, V	

<u>SUSHI ROLLS</u>	\$5.80
KATSU CHICKEN	
TERIYAKI CHICKEN GF	
TUNA GF	

<u>ONIGIRI RICE BALLS</u>	\$5.80
TERIYAKI CHICKEN GF	
TUNA GF	

<u>PIES & ROLLS - TUESDAY AND THURSDAY</u>	\$5.80
SAUSAGE ROLL	
SPINACH & RICOTTA ROLL V	
PIES	

<u>TOASTED TURKISH BREAD</u>	\$5.80
CHICKEN, CHEESE, TOMATO & BASIL PESTO	
CHICKEN, CHEESE & MAYO	

<u>TOASTED SANDWICHES</u>	\$4.80
CHICKEN & CHEESE	
TOMATO & CHEESE	
ROAST BEEF & CHEESE	

<u>FRESH ROLLS</u>	\$5.80
ROAST CHICKEN, TOMATO, CHEESE, CARROT, LETTUCE	
ROAST BEEF, TOMATO, CHEESE, CARROT, LETTUCE	
AVOCADO, TOMATO, CHEESE, CARROT, LETTUCE V	

<u>FRESH WRAPS</u>	\$5.50
PERI PERI CHICKEN, TOMATO, CHEESE, CARROT, LETTUCE	
TANDOORI CHICKEN, TOMATO, CHEESE, CARROT, LETTUCE	
HAM, TOMATO, CHEESE, CARROT, LETTUCE	
AVOCADO, TOMATO, CHEESE, CARROT, LETTUCE	

<u>SALAD BOWLS</u>	\$6.00
CHICKEN, SUNDRIED TOMATO, PESTO, PASTA SALAD	
GARDEN SALAD W CHICKEN OR CHEESE	

<u>BURGER</u>	\$6.00
CHEESE BURGER, SLAW	
CHICKEN BREAST, SLAW & TOMATO	
CRUMBED FISH, SLAW & GARLIC MAYO	



PRE ORDERING AVAILABLE.
ALL CHICKEN AND BEEF IS HALAL.
VEGETARIAN (V), GLUTEN FREE (GF)
ITEMS MAY CONTAIN NUTS, DAIRY, FISH, GLUTEN OR OTHER ALLERGENS.
PLEASE SEE OUR FRIENDLY TEAM FOR ASSISTANCE.



WEEKLY HOT MEALS



<u>MONDAY</u>	\$5.50
ROAST CHICKEN & GRAVY ROLL	
ROAST BEEF & GRAVY ROLL	

<u>TUESDAY</u>	\$6.50
CHILLI CON CARNE & RICE	
CHILLI CON CARNE & NACHO	
MEXICAN BEEF LOADED BAKED POTATO	
MEXICAN BEAN LOADED POTATO	

<u>WEDNESDAY</u>	\$6.50
BUTTER CHICKEN & RICE	
HONEY SOY CHICKEN & NOODLES	
FRIED RICE WITH VEGETABLES & EGG	

<u>THURSDAY</u>	\$5.50
MAC & CHEESE W VEGETABLES	
BEEF BOLOGNAISE PENNE PASTA	
POTATO & CHICKPEA CURRY, RICE	

<u>FRIDAY</u>	\$6.00
CHICKEN PIZZA	
TOMATO AND CHEESE PIZZA	
TWO CHEESE PIZZA	

BEVERAGES



WATER	\$2.50
UP & GO	\$3.00
FRUIT JUICE	\$3.00
CHILL FLAVOURED MILK 300ML	\$3.50
WATERFORDS SPARKLING	\$4.50
SPARKLING JUICE BOMB	\$3.50
CHILL FLAVOURED PROTIEN MILK 600ML	\$5.00