

Canteen Menu

All orders must be placed before 10.30am

Breakfast Menu	
Bacon & Egg Roll	\$5.00
Hash Brown	\$1.50
Raisin Toast 2 slices	\$3.00
Cheese & Ham Toastie	\$3.50
Vegemite Sandwich	\$3.00
Fresh Fruit Pieces	\$1.00
Muffins	\$4.00
Banana Bread	\$4.00
Yoghurt & Muesli	\$3.50
Oregano Manoush	\$4.00

Fresh Rolls	
Chicken: grilled chicken, avocado, mayo, cheese, tomato, mixed lettuce	\$6.50
Tuna: tuna, mayo, sweet chilli, tomato slice, cucumber, mix lettuce	\$6.00
Ham: cheese, ham, pickle sauce, tomato, cucumber, pepper, mix lettuce	\$6.00
Salad: cheese, tomato, cucumber, beetroot, salt & pepper, shredded carrot, lettuce	\$6.00
Turkey: cheese, turkey, cranberry sauce, tomato, pepper, mix lettuce	\$6.00
Fetta: fetta cheese, tomato, cucumber, capsicum, olive, mint	\$6.00

Wraps	
Chicken: Wrap bread, mix lettuce, chicken tender, garlic aioli sauce, sweet chilli sauce, tomato, cucumber, shredded carrot	\$5.50
Caesar: Wrap bread, cos lettuce, chicken tender, caesar sauce, parmesan or tasty cheese	\$5.50
Falafel: Lebanese bread, shredded lettuce, falafel, hommus, tomato, turnip, pickles	\$5.50
Kafta: Lebanese bread, shredded lettuce, kafta, hommus, tomato, pickles	\$7.00
Chicken Tabouli: Lebanese bread, lettuce, chicken strips, hommus, tabouli	\$6.00
Falafel Tabouli: Lebanese bread, lettuce, falfel,	\$6.00

Salads	
Greek Salad: Mix lettuce, tomato, cucumber, black olive, red & green capsicum, red onion, fetta, Italian/French dressing	\$6.00
Caesar Salad: cos lettuce, croutons, grilled chicken, parmesan cheese, boiled eggs, Caesar dressing	\$6.00
Noodle Thai Salad: shredded beef or chicken, lettuce, coriander, red onion, green & red capsicum, shredded carrot, sweet chilli sauce, noodles, Thai dressing	\$6.00 Lge
Bean Salad: mix bean salad, chopped onion, chopped tomato, parsley, salt, lemon, olive oil	\$5.00 Med
Penne Chicken Basil Pesto Pasta: grilled chicken, sundried tomato, penne pasta, green onion, celery, basil pesto	\$5.00 Med
Potato Salad: boiled potato, chopped red onion, parsley, red capsicum, mayo, mustard, salt & pepper, lemon	\$5.00 Med
Roasted Vegetable Salad: roasted pumpkin, potatoes, sweet potatoes, carrot, onion, capsicum, zucchini, cherry tomatoes, fresh spinach, lemon mustard sauce	\$6.50
Tabouli Salad: chopped parsley and tomato, green onion, mint, crushed wheat, lemon, salt & pepper, olive oil	\$6.00 Small
Fruit salad: watermelon, pineapple, rockmelon, honeydew, strawberry, kiwi, grapes, oranges (Seasonal Fruits)	\$5.00 Med
Chickpea Salad: rocket & spinach, avocado, cherry tomato, cucumber, chickpea, sundried tomato, olive, diced beetroot, red onion, fetta	\$6.50
Chicken Mango Salad: cos lettuce, cucumber, tomato, corn, avocado, red onion, coriander, shredded chicken breast, honey mustard dressing (MUST BE ORDERED EARLY)	\$6.50
Falafel Salad: shredded lettuce, pickles, hommus, tomato, cucumber, tabouli, shredded carrot	\$6.00
Simon Salad: Cos lettuce, tomato, cucumber, shredded carrot, avocado, diced beetroot, chicken, egg, Honey mustard sauce	\$6.50

Sandwiches	
<i>Premade sandwiches – made fresh daily</i>	
Breads: Brown/ White/ Multigrain/ Gluten Free	
Salad: cheese, tomato, cucumber, beetroot, shredded carrot, lettuce (salt & pepper, butter optional)	\$5.00
Lite Ham: ham, cheese, tomato, lettuce, pepper, pickle sauce	\$5.00
Turkey: cheese, turkey, cranberry sauce, tomato & rocket salad	\$5.00
Egg: egg mashed with mayo, curry powder, lettuce	\$4.50
Tuna: tuna mixed with red onion, parsley, mayo and lettuce	\$5.00
Grilled Chicken: chicken strips, mayo, sun-dried tomato, lettuce	\$6.00

Healthy Snacks	
Celery/Carrots with Hommus	\$2.00
Cucumber Sticks with Tzatziki	\$2.00
Light Jelly Cup	\$1.00
Popcorn & Chips Canteen Approved	\$1/\$2
Ice Block Berry Quelch	\$1.00
Zooper Dooper Zero Sugar	\$1.00
99% Frozen Apple/Orange Cups 110ml	\$1.50
99% Fruit Juice Slushie	\$2.50
99% popper Fruit Juice Orange/ Apple	\$2.00
Flavoured Milk Small	\$3.00
CoolRidge Water 600ml	\$2.50
Sugar Free Soft Drinks	\$3.00
Aloe Vera Chill 500ml	\$3.50
Groove Melon/ Grape/ Raspberry 350ml	\$3.00
Waterford Lite & Fruity	\$4.00
Juice Bomb 250ml	\$3.00

Daily Homemade Specials

(One will be selected daily from this list)

- Chickpea Curry
- Butter Chicken
- Kafta & Hommus
- Kafta & Chicken Skewers with Salad
- Pasta Bolognaise
- Gozleme Cheese & Spinach
- Rice & Chicken
- Sticky Wings & Fried Rice
- Meatball Pasta
- Penne in White Creamy Sauce
- Curry Chicken
- Beef / Chicken Stroganoff
- Homemade Lasagne Beef / Vegetarian
- Chicken Fettuccini in White Creamy Sauce
- Lentil Dhal
- Grilled Chicken Focaccia
- Chicken Tabouli Focaccia
- Chicken / Beef Kebab
- Lebanese Kibbi
- Homemade Pizza & Garlic Bread
- Sushi
- Fish & Chips
- Macaroni Cheese
- Beef, Peas & Casserole with Rice
- Ravioli in Red Sauce
- Tortellini in White Creamy Sauce
- Chicken & Corn Soup, Vegetable Soup, Pump-kin Soup, Spinach Lentil Soup, Tortellini Aspar-agus Soup
- Oregano Cheese Pizza
- Sushi Salad Bowl
- Acai Bowl

Hot Foods	
Grilled Chicken Burger: tasty cheese, grilled chicken breast, mayo, sweet chilli sauce, tomato, shredded lettuce	\$6.00
Crumbed Chicken Burger: mayo, coated fillet chicken breast, lettuce	\$5.50
Chilli Chicken Burger: mayo, chilli sauce, grilled chicken breast, lettuce	\$5.50
Chicken Schnitzel Roll: chicken breast schnitzel and lite mayo	\$4.50
Beef Burger: beef pattie, American cheese, special sauce, tomato sauce, tomato, beetroot, shredded lettuce	\$5.50
Cheeseburger: beef pattie, American cheese, special sauce, tomato sauce, tomato	\$5.00
Fish Burger: American cheese, grilled fish, tartar sauce, tomato, shredded lettuce	\$5.50
Hotdog: 97% fat free hotdog, tomato sauce	\$4.00
Hotdog with cheese	\$4.50
Garlic Bread	\$3.00
Sausage Roll	\$4.00
Beef Pie	\$4.50

Hot Finger Cups (one variety daily)	
Wedges Cup	\$4.00
Baked Chips Cup	\$4.00
Spring Roll Cup	\$4.00
Potato Gem Cup	\$4.00
Chicken Popcorn	\$4.00
Chicken Nuggets Cup	\$4.00
Fish Fingers Cup	\$4.00
Noodle Cup	\$4.00