



Kitchen Catering

CANTEEN MENU



All orders must be placed before 10.30am

Breakfast

Bacon & Egg Roll	\$6.00
Hash Brown	\$2.00
Raisin Toast 2 slices	\$3.00
Cheese & Ham Toastie	\$4.00
Vegemite Sandwich	\$3.00
Fresh Fruit Pieces	\$1.00
Muffins	\$4.50
Banana Bread	\$5.00
Yoghurt & Muesli	\$3.50
Oregano Manoush	\$5.00

Wraps

Chicken	\$6.50
Wrap bread, mix lettuce, chicken tender, garlic aioli sauce, sweet chill sauce, tomato, cucumber, shredded carrot	
Caesar	\$6.50
Wrap bread, cos lettuce, chicken tender, caesar sauce, parmesan or tasty cheese	
Falafel	\$6.50
Lebanese bread, shredded lettuce, falafel, hommus, tomato, turnip, pickles	
Kafta	\$8.00
Lebanese bread, shredded lettuce, kafta, hommus, tomato, pickles	
Chicken Tabouli	\$7.00
Lebanese bread, lettuce, chicken strips, hommus, tabouli	
Falafel Tabouli	\$7.00
Lebanese bread, lettuce, falafel, hommus, tabouli, pickles	

Fresh Rolls

Chicken	\$7.00
Grilled chicken, avocado, mayo, cheese, tomato, mixed lettuce	
Tuna	\$6.50
Tuna, mayo, sweet chilli, tomato, cucumber, mixed lettuce	
Ham	\$7.00
Ham, cheese, pickle sauce, tomato, cucumber, pepper, mix lettuce	
Salad	\$6.00
Cheese, tomato, cucumber, beetroot, salt & pepper, shredded carrot, lettuce	
Turkey	\$7.00
Turkey, cheese, cranberry sauce, tomato, pepper, mix lettuce	
Fetta	\$6.00
Fetta cheese, tomato, cucumber, capsicum, olive, mint	

Salads

Greek Salad	\$6.00
Mix lettuce, tomato, cucumber, black olive, red & green capsicum, red onion, fetta, Italian/French dressing	
Caesar Salad	\$6.50
Cos lettuce, croutons, grilled chicken, parmesan cheese, boiled egg, caesar dressing	
Thai Noodle Salad (large)	\$7.00
Shredded beef or chicken, lettuce, coriander, red onion, green & red capsicum, shredded carrot, sweet chilli sauce, noodles, Thai dressing	
Bean Salad (medium)	\$5.00
Mixed bean salad, chopped onion, chopped tomato, parsley, salt, lemon, olive oil	
Penne Chicken Basil Pesto Pasta (medium)	\$6.00
Grilled chicken, sundried tomato, penne pasta, green onion, celery, basil pesto	
Potato Salad (medium)	\$5.00
Boiled potato, chopped red onion, parsley, red capsicum, mayo, mustard, salt & pepper, lemon	
Falafel Salad	\$7.00
Shredded lettuce, pickles, hommus, tomato, cucumber, tabouli, shredded carrot	

Salads

Roasted Vegetable Salad	\$7.00
Roast pumpkin, potato, sweet potato, carrot, onion, capsicum, zucchini, cherry tomato, spinach, lemon & mustard sauce	
Tabouli Salad	\$6.00
Parsley and tomato, green onion, mint, crushed wheat, lemon, salt & pepper, olive oil	
Seasonal Fruit Salad (med)	\$5.00
Watermelon, pineapple, rockmelon, honeydew, strawberry, kiwi, grapes, oranges	
Chickpea Salad	\$7.00
Rocket, spinach, avocado, cherry & sundried tomato, cucumber, chickpea, olive, beetroot, red onion, fetta	
Chicken Mango Salad	\$7.00
Cos lettuce, cucumber, tomato, corn, avocado, red onion, coriander, shredded chicken breast, honey mustard dressing	

Sandwiches

Premade sandwiches	
Made fresh daily	
BREAD:	
Brown/white/multigrain, gluten free	
Salad	\$5.00
Cheese, tomato, cucumber, beetroot, shredded carrot, lettuce (salt & pepper, butter optional)	
Lite Ham	\$5.00
Ham, cheese, tomato, lettuce, pepper and pickle sauce	
Turkey	\$6.00
Cheese, turkey, cranberry sauce, tomato & rocket salad	
Egg	\$5.00
Egg mashed with mayo, curry powder, lettuce	
Tuna	\$5.00
Tuna mixed with red onion, parsley, mayo and lettuce	
Grilled Chicken	\$6.00
Chicken strips, mayo, sundried tomato, lettuce	

MUST BE ORDERED EARLY

Healthy Snacks

Celery/carrots with hommus	\$2.50
Cucumber sticks with tzatziki	\$2.50
Light jelly cup	\$1.50
Popcorn & chips canteen approved	\$1/\$2
Ice block - Berry Quelch	\$1.20
Zooper Dooper Zero Sugar	\$1.20
99% Frozen Apple/Orange Cups 110ml	\$2.00
99% Fruit Juice Slushie	\$2.50
99% popper Fruit Juice Orange/Apple	\$2.00
Flavoured milk - small	\$3.00
Flavoured milk - large	\$4.00
CoolRidge Water 600ml	\$2.50
Sugar Free Soft Drinks	\$2.50
Aloe Vera Chill 500ml	\$4.00
Groove Melon/Grape/Raspberry 350ml	\$3.00
Waterford Lite & Fruit	\$3.50
Juice Bomb 250ml	\$3.00

Hot Finger Cups

(one variety daily)

Wedges	\$5.00
Baked Chips	\$4.50
Spring Roll	\$4.00
Potato Gem	\$4.50
Chicken Popcorn	\$4.50
Chicken Nuggets	\$4.50
Fish Fingers	\$4.00
Noodle	\$4.00



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Hot Foods

Grilled Chicken Burger	\$6.50
Tasty cheese, grilled chicken breast, mayo, sweet chilli sauce, tomato shredded lettuce	
Crumbed Chicken Burger	\$6.00
Mayo, coated fillet chicken breast, lettuce	
Chilli Chicken Burger	\$6.00
Mayo, chilli sauce, grilled chicken breast, lettuce	
Chicken Schnitzel Roll	\$5.00
Chicken breast schnitzel and lite mayo	
Beef Burger	\$6.50
Beef pattie, American cheese, special & tomato sauce, tomato, beetroot, shredded lettuce	
Cheeseburger	\$6.00
Beef pattie, American cheese, special sauce, tomato sauce, tomato	
Fish Burger	\$6.00
American cheese, grilled fish, tartar sauce, tomato, shredded lettuce	
Hotdog	\$4.00
97% fat free hotdog, tomato sauce	
Hotdog with cheese	\$4.50
97% fat free hotdog, tomato sauce, cheese	
Gourmet Pie	\$6.00
Beef Pie	\$5.00
Spinach Ricotta Roll	\$6.00
Garlic Bread	\$3.00
Sausage Roll	\$4.50

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, Pumpkin Soup, Spinach Lentil Soup, Tortellini Asparagus Soup
- Oregano Cheese Pizza
- Sushi Salad Bowl