

Canteen Menu

AVAILABLE EVERY DAY

	SANDWICH	ROLL		
Vegetable Patty	\$ 3.00	\$ 3.50	Toasted Cheese Sandwich	\$ 2.50
Vegetable Patty and Salad	3.80	4.30	Toasted Ham & Cheese sandwich	\$ 3.50
Salad (Lettuce, tomato, carrot, cheese)	3.30	3.80	Plain Popcorn	\$ 1.50
Salad with ham	3.80	4.30	Delites Rice Cracker Sour Cream & Chives	\$ 1.00
Salad with chicken & mayonnaise	4.20	4.70	Mainland Cheese & Crackers	\$ 2.00
Ham & cheese	3.20	3.70	Fresh fruit – apple or banana	\$ 1:10
Ham	3.00	3.50	Salad tub lettuce, tomato, grated carrot S – 280ml \$ 2.00 M – 440ml \$ 2.50	
Chicken with mayonnaise	3.50	4.00	Salad tub lettuce, tomato, grated carrot with chicken S – 280ml \$ 2.80 M – 440ml \$ 3.50	
Chicken/Lettuce/Mayonnaise	3.70	4.20	Salad Dressing – Italian Vinaigrette	\$ 0.20
Vegemite	2.20	2.70	Hummus Dip & veggie sticks	\$ 3:50
Vegemite & Cheese	2.40	2.90	Avocado Dip & veggie sticks	\$ 3:50
Cheese	2.20	2.70	Orange Juice	\$ 1.70
Tuna	3.40	3.90	Milk - Chocolate / Strawberry	\$ 2.20
Tuna, tomato, lettuce	3.80	4.30	Water (bottled)	\$ 1.50
Extra filling: Beetroot	0:30	0:30	UP AND GO Chocolate, Strawberry or Banana	\$ 2.20
Extra filling: Cucumber	0:30	0:30	Quelch Fruit Sticks icy pole	\$ 1.00
Plain buttered	0.80	1.30	Bulla Frozen Fruit Yoghurt Raspberry / Strawberry / Mango	\$ 2.00
Garlic Bread Roll 7"		2.40	Yoghurt Danone Vanilla or Strawberry	\$ 2:00
Garlic Bread Roll – Half		1.20		

**Wholemeal bread for all unless white is requested.
No Butter unless requested**

MONDAY

Salmon patty \$ 2.50
Vegetable patty \$ 2.00
Chicken nuggets \$ 0.80 each
Sauces:
Tomato, BBQ, Sweet & Sour \$ 0.20
Noodles
BEEF OR CHICKEN \$ 2.50
Toasted wholemeal wrap
Ham / Cheese / Spinach \$ 4.50
Toasted wholemeal wrap
Chicken / Cheese / Spinach \$ 4.50

TUESDAY

Vegetable Lasagne \$ 3.50
Lasagne \$ 3.50
Macaroni & Cheese \$ 3.50
Twista
(Pasta with Bolognese sauce) \$ 3.50
Hot Ham and Cheese Roll \$ 4.00
Hot Chicken
& Mayonnaise Rolls \$ 4.20
Hot Chicken
with Cheese & Mayonnaise \$ 4.40

WEDNESDAY

Pizza
Margherita / Supreme /
Ham & Pineapple \$ 3.00
Steamed Dim Sims
(with or without Soy Sauce) \$ 1.00 each
Corn Cob \$ 1.00
Toasted Wholemeal Wrap
Ham / Cheese / Spinach \$ 4.50
Toasted Wholemeal Wrap
Chicken / Cheese / Spinach \$ 4.50

THURSDAY

Hot Dog
(White Roll) \$ 3.50
Hot Dog
with grated cheese \$ 3.70
Sauce: Tomato \$ 0.20
Hot Dog – No Bread \$ 2.30

FRIDAY

Fried Rice (Vegetarian) \$3.50
Pie or Pastie \$ 3.50
Party Pies \$ 1.20 each
Sausage Roll \$ 2.50
Sauce: Tomato \$0.20