



Canteen Menu 2018

BREAKFAST

Thick Raisin Toast	\$.80
Hot Breakfast Special	\$4.00
Up N Go Assorted Flavours	\$2.00

HOT FOOD

Garlic Bread	\$1.50
Hotdog with sauce (lunch only)	\$3.30
Beef Lasagne	\$4.00
Vegetarian Lasagne (V)	\$4.50
Pasta (Creamy Chicken, Bolognese, Tomato)	\$3.60

PIES / SAUSAGE ROLLS

Beef Pie (H*) (GF*)	from \$3.90
Traveller Pie	\$3.90
Beef & Potato Pie	\$4.00
Sausage Roll (H*)	\$3.30
Spinach & Ricotta Roll (V)	\$3.40

BURGERS

Beef Burger with Salad (H) (lunch only)	\$4.00
Crispy Chicken Burger with Salad	\$4.00
Hot Chicken Wrap (lunch only)	\$4.20
BLT	\$3.50
BBQ Pork Rib and Coleslaw Roll (lunch only)	\$3.50

SANDWICHES / ROLLS

Sandwiches / Rolls Assorted (V)	from \$2.50
Toasted Sandwiches (V)	from \$3.60

SUSHI / WRAPS / SALADS

Sushi (V)	\$3.20
Wraps Assorted (V)	\$4.00
Salad Bowl Assorted (V)	\$4.50

SNACKS

Seasonal Fruit Salad	\$3.00
Fruit Salad with Yoghurt/Muesli	\$3.00
Individual Pieces of Fruit	\$.50
Tamar Valley Greek Yoghurt	\$2.50
Cheese and Crackers	\$2.00
Banana Bread/Anzac Slice/Fruit Muffins	from \$1.00
Protein Balls	from \$1.00
Chips Assorted Flavours	\$1.20
Ice-blocks / Frozen Yoghurt	from \$.50

DAILY LUNCH SPECIALS

MONDAY

Quesadillas: Assorted including Frijole and Rice, Chilli Con Carne, and Chicken \$2.80

Nachos: Toasted Corn Chips with melted Cheese, Salsa and Sour Cream. Chilli Con Carne and Chicken options available. \$4.00

TUESDAY

Homemade Pizza: Assorted including Vegetarian, Hawaiian, Meatlovers & Supreme \$3.50

Chipotle Chicken Burger: Crispy chicken, Bacon, Lettuce and Chipotle Mayo \$4.20

WEDNESDAY

Loaded Potato: Baked Potato with Assorted Toppings \$3.00

Greek Lamb Wrap: Lamb Strips, Salad and Tzatziki in a Wholemeal Wrap \$4.20

THURSDAY

Homemade Pizza: Assorted including Vegetarian, Hawaiian, Meatlovers & Supreme \$3.50

Curry with Rice: Assorted served with Rice \$3.60

FRIDAY

Chicken Wings: Marinated Chicken Wings served with Ranch Dipping Sauce \$3.00

Noodle Stir-Fry: Chicken & Vegetables \$4.00

COLD DRINKS

Water 600ml	\$1.00
Water 1 Litre	\$2.20
San Pellegrino Sparkling Water 500ml	\$1.80
Golden Circle 350ml Juice	\$2.20
Supa Essentials 350ml Juice	\$3.00
Orchy Juice 250ml (Tropical / Orange Passion)	\$2.00
Chill Ice Tea 250ml	\$2.00
Ice Break Coffee 320ml	\$2.50
Ice Break Coffee 500ml	\$3.50
Flavoured Milk 300ml	\$2.00
Flavoured Milk 500ml	\$3.30
Plain Milk 300ml	\$1.20
Plain Milk 500ml	\$2.00

(H) Halal (V) Vegetarian Option (GF) Gluten Free
*Items marked with * must be pre-ordered.*

Updated November 2018

