

Canteen Menu 2019

Breakfast (7.00am to 8.40am)

Fruit Salad Bag	\$3.00
Greek Yoghurt/Fruit Puree	\$3.50

Toasted Sandwiches (Special Breakfast Prices)

Cheese & Tomato	\$2.00
Ham & Cheese	\$2.50
Ham, Cheese & Tomato	\$2.80
Chicken & Cheese	\$3.00
Bacon, Egg & Sauce	\$3.00

Salads

Egg & Cheese	\$4.00
Ham, Egg & Cheese	\$5.00
Chicken, Egg & Cheese	\$5.00
Greek Salad	\$5.00
Chicken Greek Salad	\$6.00
Chicken Caesar Salad	\$5.50

(All salads come with Salad Dressing)

Hot Food

Sausage Roll (low fat)	\$3.00
Traveller Beef Pie	\$3.00
Traveller Beef, Bacon & Cheese Pie	\$3.00
4 & 20 Mince Pie	\$3.50
Herbert Adams Potato Pie	\$3.50
Herbert Adams Chicken & Vege Pie	\$3.50
Herbert Adams Beef, Bacon, Cheese Pie	\$3.50
Cheese & Spinach Roll	\$3.50
Mixed Vegetable Roll	\$3.50
Hot Dog & Sauce	\$3.00
Hot Dog, Cheese & Sauce	\$3.50
Homemade Pizza Bread-Chicken or Ham & Pineapple	\$3.80
Homemade Pasta Bolognese	\$3.80
Homemade Macaroni & Cheese	\$3.80
Kebabs – Lamb or Chicken	\$5.50
Toasted Focaccia – Cheese, Tomato, Avacado & Mayo	\$3.80

Sushi

All varieties of Sushi (each)	\$3.20
Soy Sauce	\$0.10

Burgers

Chicken	\$4.00
Vegetable	\$4.00
Beef	\$4.00
Beef & Cheese	\$4.50
Beef, Bacon & Cheese	\$5.00
Beef Works	\$5.50
Southern Fried Chicken	\$5.00

Wraps and Focaccias

Chicken, Salad & Avocado Wrap	\$5.00
Vegetarian Wrap	\$4.00
Ham & Salad Wrap	\$5.00
Vegetarian Focaccia	\$4.00
Chicken, Salad & Avocado Focaccia	\$5.00
Ham, Salad & Avocado Focaccia	\$5.00
Cheese & Avocado Focaccia	\$4.00

Sandwiches

Cheese & Tomato	\$2.20
Egg & Lettuce	\$2.50
Ham	\$3.00
Chicken	\$3.50
Red Salmon	\$3.80
Salad	\$3.00
Salami	\$3.00

Extras

Toasted	.20c
Bread Roll	.80c
Focaccia	\$1.00
Lavish	.80c
Avocado	.80c
Tomato	.40c
Cheese	.50c
Salad	\$1.00
Mayo	.20c
Pickles	.20c
Tomato Sauce	.20c
BBQ Sauce	.30c
Vinaigrette	.30c
Caesar Dressing	.50c
Soy Sauce	.10c

Friday Special

Beef Nachos with Lite Sour Cream	\$5.00
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Snacks – Sweet

Lamington	\$1.00
Mini Muffin	\$1.00
Snack Muffin	\$2.00
Sumo Cookies	.50c

Snacks – Savoury

Jumpys-Chicken or S/V	\$1.00
Pretzels	\$1.20
27gr Chips	\$1.20
JJ's Chicken or S/V	\$1.20
Grain Waves	\$1.20
Vegie Chip – BBQ or Chicken	\$1.20
Popcorn – Sea Salt or Salted Caramel	\$2.00

Ice Blocks

Zooper Dooper	.50c
TNT	.70c
Juice Cup	\$1.00
Calippo	\$1.20
Icy Twist	\$1.30
Paddle Pop	\$1.60
Frozen Yoghurt	\$2.30
Cyclone	\$2.40
Paddle Pop Thickshake	\$2.50

Drinks

600ml Water	\$1.50
750ml Pump Water	\$2.50
1.5Ltr Water	\$3.00
300ml Full Cream Mils	\$1.20
500ml Full Cream Milk	\$1.70
1ltr Full Cream Milk	\$2.50
1ltr No Fat Physical	\$2.80
300ml Flavoured Breaka	\$2.20
500ml Flavoured Breaka	\$3.20
600ml Flavoured Breaka	\$3.30
600ml Flavoured Oak	\$3.30
500ml Ice Break	\$3.50
350ml Quench Spring Water	\$2.00
350ml Focis Sports Water	\$2.00
500ml Focis Sports Water	\$2.50
500ml Sparkling Water	\$2.50
350ml Golden Circle Juice	\$2.80
500ml Juice/Drink	\$2.80
500ml 100% Juice	\$3.20
500ml Krazy Lemon Drink	\$3.00