




Canteen menu

NOTICE

Please note: All bread, wraps, focaccia and Turkish bread are DAIRY FREE 

HEALTHY LUNCH BOXES

Ham and Cheese or Cheese and Tomato Wholemeal Sandwich, Piece of Fruit and Water	\$7.50
Rice Paper Rolls and Water  	\$7.50
Vegetarian Snack Box (Crackers, cheese, salsa dip and carrot sticks)	\$3.50
Vegetarian Snack Box (Crackers, No Cheese, salsa dip and carrot sticks) 	\$3.50

SALAD BOXES

Brown Rice & Quinoa Food Bowls 	\$6.50
-Tuna, cucumber, carrot, avocado, corn & dressing	
-Chicken, avocado, carrot, cherry tomatoes & Thai dressing	
Garden Salad  	\$4.50
Lettuce, Tomato, Carrot, Red Onion, Cucumber	
Rice Paper Rolls with shredded Vegies 	\$5.50
Roasted Veggie Cous Cous 	Small \$4.50
(Plus option without cheese)	Large \$5.50
Roast Pumpkin and Feta Cous Cous 	Small \$4.50
(Plus option without cheese)	Large \$5.50


SANDWICHES

Basic filling	Bread	Roll	Wrap	GF Bread
Vegemite	\$2.50	\$4.00	\$3.50	\$4.00
Baked Beans  	\$3.50	\$5.00	\$4.50	\$5.00
Cheese 	\$3.50	\$5.00	\$4.50	\$5.00
Salad  	\$4.50	\$6.00	\$5.50	\$6.00
Chicken, Ham or Tuna 	\$4.00	\$5.50	\$5.00	\$5.50
Chicken Sweet Chilli, Lettuce & Tomato	\$5.50	\$7.00	\$6.50	\$7.00





FOCACCIA, TURKISH & TOASTED WRAPS

Hawaiian — Ham, Pineapple & Cheese	\$5.50
Swiss — Chicken, Avocado & Cheese	\$5.50
Mexican Chicken Quesdilla	\$5.00
Panini Rolls— 3 fillings	\$4.50
Vegetarian on Turkish — Roasted Vegies & Cheese	\$7.00
Chilli Chicken Wrap — with Tomato & Cheese	\$6.50
Focaccia—Build your own healthy gluten free focaccia (3 fillings)  	\$5.50
Herb & Garlic Focaccia— 3 Fillings	\$5.50
Vegetarian Wrap — Rocket, Roasted Vegies & Feta Cheese	\$7.00



SALAD EXTRAS & SNACKS

Grated carrot, red onion, cucumber cheese, lettuce, beetroot, tomato, each	\$1.00
Salad extras (on sandwiches below)	\$1.50
Avocado	\$1.00
Chicken, Ham or Tuna	\$1.50
Chicken—Sweet Chilli	\$1.50
Salad Dressing - French, Sweet Chilli, or Mustard	.50
Sultana Cup  	.50
Eucalyptus Drops / Popcorn 	\$1.50
Pretzels 	\$2.00
JJs (chicken, salt/vinegar, BBQ)	\$2.00
BBQ Snaps (Gluten Free) 	\$2.50
Red Rock (Sea salt, Honey & Soy Chicken)	\$2.00
Grain Waves (Sour Cream)	\$2.00

ICE BLOCKS AND ICE CREAMS (only available over Counter)

Sour TNTs 	\$1.50	Fruity Ice Cups 	\$1.50
Frozen Yoghurt	\$2.50	Lemonade Icy Poles 	\$2.50
Milo Cups	\$3.80	Frozen Juice Bar 	\$1.50

HOT FOODS

Spinach and Feta Gozolme	\$4.50
Salsa Nachos (Corn chips, Mexican Salsa and Cheese)	\$4.50
Burrito Bowl (Corn chips, rice, chicken and Mexican Salsa and Cheese)	\$5.50
Potato Pie	\$4.50
Meat Pie (low fat)	\$4.00
Sausage Roll (low fat)  	\$3.50
Spinach & Ricotta Roll	\$3.50
Corn on the Cob	\$1.50

BAKERY GOODS

Cup Cakes, Finger Bun, Lamingtons and Choc Chip Muffins	\$2.50
Banana or Blueberry or Mango and Coconut Bread	\$3.50
Gluten Free Banana Bread	\$4.00
Cheese/Bacon Roll or Cheese only roll	\$2.00
Cheese and Biscuits	\$1.50

FRUIT

Sultana Cup  	50c
Fresh Fruit (Seasonal)  	\$1.50
Rockmelon Box  	\$3.50
Watermelon Box  	\$3.50
Fruit Salad  	\$3.50

DRINKS

Water  	\$2.50
Poppers (Apple, Orange, Apple/Blackcurrant) 	\$2.50
Moove Milk (Chocolate, Strawberry)	\$3.00
Quench (Orange, Apple/Raspberry, Lemon) 	\$2.50
Classic Milk (Chocolate, Strawberry, Vanilla)	\$3.50
Juice (Orange, Apple & Blackcurrant) 350ml 	\$3.50
Green Power Fruit Smoothie 	\$3.50
Emma & Tom's Squeezed Juice - Orange or Cloudy Apple 	\$3.50