



CANTEEN MENU 2023

BREAKFAST MENU... (everyday items)

Variety of Fresh Fruit	\$1.00	E
Ham & Cheese Toasted	\$4.30	E
Croissants Plain	\$3.50	E
Croissant Ham & Cheese	\$4.50	E
Toasted Cheese (H)	\$3.00	E
Toasted Sandwich (Veg, Honey or Jam)	\$2.50	E
Rice Pudding	\$4.00	E
Egg Roll	\$4.00	E
Bacon & Egg Roll	\$5.50	O
Raisin Roast	\$2.00	E
Hash Brown	\$1.70	O
Yogurt 95% (F/F) with Muesli & Fresh Fruit	\$4.00	E



SANDWICHES... (everyday items)

Vegemite or Honey	\$2.50	E
Tuna Salad	\$4.50	E
Mild or Tasty Cheese (H)	\$3.50	E
Roast Beef with Lettuce & Cheese	\$5.00	E
Cheese & Tomato	\$3.50	E
Roast Turkey with Cranberry Sauce	\$4.00	E
Salad (lettuce, carrot, tomato, cucumber) (V)	\$4.50	E
Leg Ham, Cheese & Tomato	\$5.50	E
Tomato	\$2.00	E
Avocado	\$2.80	E
Fresh chicken lettuce & mayo	\$5.00	E
Egg	\$3.50	E
Egg & Lettuce	\$4.00	E
Buttered Bread	\$1.00	E



Wraps ... (everyday items)

Salad (Lettuce, Tomato, Carrots, Cucumber Beetroot Red Onion)	\$6.00	E
Breast Chicken- Lettuce & Mayo	\$6.00	E
Leg Ham & Salad	\$6.00	E
Chicken-Cheese & Tomato	\$6.00	E
Tuna-Lettuce, Tomato & Mayo	\$6.00	E
Roast beef & Salad	\$6.00	E
Tandoori Chicken-Cucumber & Lettuce	\$6.00	E
Chicken Caesar	\$6.00	E
Falafel-Tabouli, Houmos & Lettuce	\$6.00	E
(Available) on a Turkish Roll	\$6.00	E

HOT FOOD...

Garlic Bread Full Roll	\$2.50	E
Chicken Devil Wing (H)	\$2.00	E
Hamburger Plain	\$6.00	E
Cheese Burger	\$6.50	E
Chicken Burger (H)	\$6.00	E
Caesar Burger	\$6.50	E
Portuguese Burger	\$6.50	E
Vegetarian Burger	\$6.00	E
Chicken Snitzel Breast on a L/Roll	\$6.50	O
Chicken Kebab on a L/Roll	\$6.50	E
Chicken Kebab	\$4.50	E
Potato Wedges (With Chili or Sour Cream) (H)	\$5.00	O
Noodles cup (beef or chicken) (H)	\$3.00	O
Chicken nuggets x4 (H)	\$3.00	O
Sweet Chili Tender Roll with Lettuce	\$6.00	O
Hot dog (low fat) (H)	\$4.00	O
Hot Dog with Cheese	\$4.50	O
Sausage roll (H)	\$4.00	O
Meat Pie (H)	\$4.50	O
Sheppards Pie (H)	\$4.50	O
Spinach & Ricotta Roll	\$4.30	O
Hash Browns	\$1.70	O
Pizza (Variety)	\$4.00	O



HOT MEALS... (2 Dishes Rotating everyday)

Beef lasagna (H)	Sm \$4.50	Lg \$6.00	E
Vegetarian lasagna (V)	Sm \$4.50	Lg \$6.00	E
Butter Chicken with Rice	Sm \$4.50	Lg \$6.00	E
Fried Rice (Veg)	Sm \$4.50	Lg \$6.00	E
Chicken Pasta	Sm \$4.50	Lg \$6.00	E
Cheese Macaroni	Sm \$4.50	Lg \$6.00	E
Spaghetti Bolognese	Sm \$4.50	Lg \$6.00	E
Cream & Cheese Potatoes	Sm \$4.50	Lg \$6.00	O
Chinese Noodles	Sm \$4.50	Lg \$6.00	E



Juices... (everyday items)

Fresh Juice	Sm \$3.00	Lg \$4.00	E
Apple Juice	Sm \$3.00		E
Poppers		\$2.50	E
Aloe Juice Watermelon, Peach, Original		\$4.00	E
Juice Bomb		\$3.50	E
Chill J 100% Fruit Juice		\$3.50	E
Ice Tea		\$4.30	O

SALADS... (everyday items)

Freshly Cut Fruit Salad	Sm \$4.50	Lg \$6.00	E
Garden salad (V)	Sm \$4.50	Lg \$6.00	E
Tuna Pasta Salad	Sm \$4.50	Lg \$6.00	E
Caesar Salad	Sm \$4.50	Lg \$6.00	E
Potato Salad	Sm \$4.50	Lg \$6.00	E
Fresh Chicken Pasta Salad & Avocado	Sm \$4.50	Lg \$6.00	E
Tabouli Salad	Sm \$4.50	Lg \$6.00	E
Greek salad	Sm \$4.50	Lg \$6.00	E
Coleslaw Salad	Sm \$4.50	Lg \$6.00	E
Pumpkin & Baby Spinach Salad	Sm \$4.50	Lg \$6.00	E



Cold Beverages...

Spring Water		\$2.50	E
Waterfords Flavoured Sparkling Water		\$4.00	E
Pepsi Max Cans (No Sugar)		\$2.50	O
Pepsi Max Bottles (No Sugar)		\$4.30	O
Milk Shakes (No ice-cream)		\$4.00	E
Plain Milk	Sm \$2.00	Lg \$2.50	E
Oak Milk	Sm \$3.00	Lg \$4.00	E
Up & Go		\$3.00	E



SNACKS...

Ice Blocks		RRP	E
Twist Frozen Yogurt GF		RRP	E
Ice Money TNT		RRP	E
Quelch Berry Ice Block		RRP	E
Snap Sticks		RRP	E
Custard Cups		\$2.00	E
Jelly Cups		\$2.00	E
Banana Bread		\$3.80	O
Muffins		\$3.80	O



We have all types of Bread
White, Wholemeal, Multigrain,
Wraps, White Rolls
Or Focaccia



E Everyday
O Occasionally

*Our Company comply with the NSW Department of Education
Healthy Canteen Strategy*