



# Canteen Menu 2025

All food is prepared daily with fresh ingredients.

## BREAKFAST

Toast (2 slices) (G,H)	\$2.00
Toasted cheese (G,H)	\$3.00
Toasted cheese and tomato (G,H)	\$4.50
Toasted ham and cheese	\$5.00
Toasted ham, cheese and tomato (G)	\$5.50
Egg and bacon roll (A)	\$5.50
Fresh fruit salad (G,GF)	\$5.00
Yoghurt and berries (G,GF)	\$5.00
Cheese and bacon roll	\$4.50

\*All sandwiches and toasted sandwiches are available on gluten free bread (GF).

## SANDWICHES

Salad (G) with lettuce, tomato, cucumber, carrot and beetroot (cheese extra 50c)	\$4.50
Egg, mayonnaise and lettuce (G)	\$4.50
Cheese and tomato (G)	\$3.50
Ham, cheese and tomato (G)	\$4.50
Chicken, lettuce and mayonnaise (G,H)	\$4.50

\*All of the above are available on a wrap for an extra \$2.00.

## SALAD TUBS

Greek (G,GF) with tomato, onion, cucumber, capsicum, olives and fetta	\$4.50
Cesar (G) with cos lettuce, bacon, egg, parmesan cheese and croutons (add chicken for \$1)	\$6.50
Tuna Salad	\$6.50
Chicken salad	\$7.00
Garden salad	\$5.50

## DAILY SPECIALS

Monday - see specials board	\$7.00
Tuesday - see specials board	\$7.00
Wednesday - Butter chicken	\$7.00
Thursday - Pasta bolognaise	\$7.00
Friday - Nachos with cheese and sour cream	\$7.00

\*All pasta dishes have a gluten free option.

## HOT FOOD

Chicken burger (A,H) with grilled chicken, lettuce and mayonnaise	\$6.50
Beef burger (A,H) with fresh beef patty, onion, lettuce, tomato, beetroot and sauce	\$6.50
Veggie burger (A,H) with lettuce and mayonnaise	\$6.50
Portuguese burger (A,H) with sweet chilli and mayonnaise	\$6.50
Chicken schnitzel roll (A,H) with lettuce and mayonnaise	\$7.00
Hot dog	\$4.50
Low fat beef pie (A,H)	\$5.50
Low fat sausage roll (A,H)	\$4.00
Focaccia 'The Tracey'	\$7.00
Pizza cheesy margherita	\$5.00

## INDEX

G - Green - Everyday  
 A - Amber - Choose wisely  
 R - Red - Sometimes  
 GF - Gluten free option  
 H - Halal

## EXTRAS

Sauce	50c
Cheese	50c

## SWEET TREAT

Banana bread (A)	\$4.00
Low fat muffins (A)	\$4.00
Extra - large cookies (A)	\$4.00
Ice-cream (recommended retail price)	RRP

## DRINKS

Spring water 600ml (G)	\$3.00
Pump water 700ml (G)	\$4.50
Schweppes varieties (A) Cans	\$3.00
Bottles	\$4.50
Variety of 100% juice 250ml (G)	\$4.00

Low fat milk (G)	
Chocolate, strawberry, iced coffee	
300ml (G)	\$4.00
600ml (A)	\$5.00
500ml Iced tea (G)	\$5.00

## SNACKS

Snack box (G)	\$5.00
crackers, cheese, cherry tomato, dips, veggie sticks	
Red rock deli chips (A)	\$3.00
Sumo cookies (A)	\$1.00
Pretzels	\$2.50

