

## SNACK DEAL

### \$ 2.50

Choose One

Popper - Water - Plain Milk

Fruit Piece Or Popcorn

Add 50c Oak Flavoured Milk




## EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - FRUITS - CUSTARD

SANDWICH & WRAPS	SANDWICH	WRAP	SALAD BOWLS	REG	LGE
VEGEMITE OR JAM <b>VEG</b>	\$ 2.00		GARDEN SALAD <b>VEG</b>	\$ 3.50	\$ 5.00
CHEESE <b>VEG</b>	\$ 2.00		LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
HAM	\$ 2.50		SWEET CHILLI CHICKEN SALAD	\$ 3.50	\$ 6.00
EGG <b>VEG</b>	\$ 3.00		HAM & GARDEN SALAD	\$ 3.50	\$ 6.00
HAM & CHEESE	\$ 3.00		CHICKEN & GARDEN SALAD	\$ 3.50	\$ 6.00
EGG & LETTUCE <b>VEG</b>	\$ 3.50		CHICKEN CAESAR SALAD	\$ 3.50	\$ 6.00
SALAD <b>VEG</b>	\$ 3.50	\$ 5.00	<b>SUSHI WEDNESDAY &amp; THURSDAY</b>		
HAM, CHEESE & TOMATO	\$ 3.50		CHICKEN TERIYAKI	\$ 3.50	
CHICKEN & CHEESE	\$ 3.50		VEGETARIAN FRESH SEASONAL VEGES <b>VEG GF</b>	\$ 3.50	
CHICKEN, CHEESE & TOMATO	\$ 4.00		SWEET CHILLI CHICKEN SWEET CHILLI MAYO	\$ 3.50	
SWEET CHILLI CHICKEN	\$ 4.00	\$ 5.00	<b>FRESH FRUIT</b> REG LGE		
HAM & SALAD	\$ 4.00	\$ 5.50	FRUIT WATERMELON, APPLE, BANANA, MANDARIN	\$ 1.00	
CHICKEN, LETTUCE & MAYO	\$ 4.00	\$ 5.50	FROZEN ORANGES SNACK PACK	\$ 2.00	
CHICKEN & SALAD	\$ 4.00	\$ 5.50	WATERMELON CHUNKS	\$ 3.50	\$ 4.50
CHICKEN CAESAR SALAD	\$ 5.50		FRUIT SALAD SEASONAL FRUITS	\$ 4.00	\$ 5.00
<b>EXTRAS</b>			<b>CUSTARD</b>		
SAUCE PORTION - BBQ OR TOMATO SAUCE	\$ 0.40		CUSTARD BOWL VANILLA	\$ 2.80	
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.50		CUSTARD CUP VANILLA OVER THE COUNTER ONLY	\$ 1.00	
CHEESE SLICE	\$ 0.50				
CHICKEN, HAM, EGG, SHREDDED CHEESE	\$ 1.00				



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## EVERYDAY CHOICES DRINKS JUICE - WATER - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00	CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.60
WATER 600ML	\$ 2.00	UP N GO CHOCOLATE, VANILLA	\$ 3.00
PLAIN MILK	\$ 2.00	ICE TEA PEACH, RASPBERRY	\$ 3.60
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50	ALOE VERA GRAPE	\$ 3.60
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.60	HOT CHOCOLATE	\$ 1.80

## EVERYDAY CHOICES ICE BLOCKS - SNACKS

ICE COLD TREATS 99% JUICE BASED

FROZEN JUICE CUP APPLE - ORANGE - ABC <b>GF</b>	\$ 1.50
FRUITY ICES ASSORTED FLAVOURS <b>GF</b>	\$ 0.50
SOUP SNAP APARTS ASSORTED FLAVOURS <b>GF</b>	\$ 1.00
ICE MONY BLUE RASPBERRY - RED BERRY - LEMON <b>GF</b>	\$ 1.30
FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY) <b>GF</b>	\$ 1.00

\* ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD

### SAVOURY SNACKS

POPCORN <b>GF</b>	\$ 1.00
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### YOGHURT & CUSTARD

CUSTARD BOWL VANILLA	\$ 2.80
VAALIA YOGHURT VANILLA	\$ 3.50
CUSTARD CUP VANILLA OVER THE COUNTER ONLY	\$ 1.00



## EVERYDAY CHOICES PASTA - RICE - BURGERS - PIZZA - HOT BITES

PASTA - RICE	HOME MADE PIZZAS	
BUTTER CHICKEN WITH RICE <b>GF</b> LARGE \$6 \$ 4.00	CHEESE <b>VEG</b> \$ 3.80	
BOLOGNESE PASTA BEEF SAUCE \$ 4.00	HAM & CHEESE \$ 4.50	
MACARONI & CHEESE <b>VEG</b> \$ 4.50	PEPPERONI & CHEESE \$ 4.50	
LASAGNE BEEF LARGE \$6.5 \$ 4.50	<b>HOT BITES</b>	
LASAGNE VEGE <b>GF VEG</b> \$ 5.00	CORN COB <b>VEG</b> \$ 1.30	
<b>BURGERS</b>		CHICKEN WING HOT & SPICY \$ 1.40
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE \$ 4.80	GARLIC BREAD <b>VEG</b> \$ 2.20	
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO <b>VEG</b> \$ 4.80	CHEESE TOASTED WRAP <b>VEG</b> \$ 2.00	
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ \$ 4.80	HAM & CHEESE TOASTED WRAP \$ 3.00	
CHICKEN BREAST FILLET, LETTUCE, MAYO \$ 4.80	PIZZA TOASTED WRAP HAM, CHEESE, SAUCE \$ 3.30	
CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE \$ 5.00	PRAWN DUMPLINGS X 4 STEAMED \$ 5.00	
DONER KEBAB BURGER KEBAB MEAT, BBQ SAUCE \$ 5.00		

## GLUTEN FREE FOODS

GLUTEN FREE BREAD & WRAPS \$ 1.00

YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE MENU

### HOT FOODS

MACARONI & CHEESE	\$ 5.00
CHICKEN NUGGETS 4 PACK \$ 3.20 6 PACK \$ 4.50	
HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20

THERE ARE LOTS OF OTHER GLUTEN FREE FOODS LISTED ON THE MAIN MENU. THEY HAVE "GF" NEXT TO THEM

IF YOU ORDER ANY OF THE ABOVE FOODS PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG



## OCCASIONAL CHOICES HOT BITES - MEXICAN - PASTRIES - SNACKS

HOT BITES	PASTRIES	
CHICKEN NUGGET 100% BREAST \$ 0.80	PARTY PIE LOW FAT x 3 \$ 4 \$ 1.40	
4 PACK \$ 3.00	SAUSAGE ROLL LOW FAT \$ 3.50	
6 PACK \$ 4.20	MEAT PIE LOW FAT \$ 4.00	
MINI SPRING ROLL OVEN BAKED <b>VEG</b> \$ 0.90	POTATO PIE LOW FAT \$ 4.50	
HASH BROWN <b>VEG</b> \$ 1.20	<b>SNACKS</b>	
CHEESE & BACON ROLL \$ 2.70	POPCORN EVERYDAY RATED ITEM \$ 1.00	
CUP NOODLES CHICKEN - BEEF - SPICY TOM YUM \$ 3.00	BROWNIE OUR FAMOUS BITE SIZE SNACK \$ 1.00	
ORIENTAL <b>VEG</b>	CHIPS 27G \$ 2.00	
HOT DOG WITH TOMATO SAUCE (CHICKEN) \$ 3.30	BANANA BREAD \$ 2.50	
<b>MEXICAN</b>		
BEEF NACHOS HOME MADE ADD CHEESE 50C <b>GF</b> \$ 4.70	JELLY BOWL <b>GF</b> \$ 1.50	
VEGE NACHOS SALSA ADD CHEESE 50C <b>VEG GF</b> \$ 4.70	PIRANHA RICE SNAPS VEGE CRACKERS <b>GF</b> \$ 2.20	

## EVERYDAY CHOICES BREAKFAST

LOTS OF BREAKFAST ITEMS ARE AVAILABLE FROM THE COUNTER AT THE CANTEEN EVERY MORNING INCLUDING :

TOASTED WRAPS - FRUITS - YOGHURT - CUSTARD - MILK



## Crunch & Sip

### \$2.50

Bottle Water 600ml

Choose Any Piece Of Seasonal Fruit

