



## EVERYDAY CHOICES

### SNACK DEAL

**\$ 2.50**

Choose One

Popper - Water - Plain Milk



Fruit Piece Or Popcorn



Add 40c Oak Flavoured Milk



## EVERYDAY CHOICES

## SANDWICHES - WRAPS - SALADS - SUSHI ROLLS

### SANDWICH & WRAPS

	SANDWICH	WRAP
VEGEMITE OR JAM OR HONEY VEG	\$ 2.00	
CHEESE VEG	\$ 2.00	
HAM	\$ 3.00	
EGG VEG	\$ 3.00	
HAM & CHEESE	\$ 3.50	
CHICKEN	\$ 3.50	
TUNA	\$ 3.50	
EGG & LETTUCE VEG	\$ 3.50	\$ 4.50
SALAD VEG	\$ 3.50	\$ 4.50
HAM, CHEESE & TOMATO	\$ 3.60	\$ 4.50
HAM & SALAD	\$ 3.60	\$ 4.50
CHICKEN & CHEESE	\$ 3.60	\$ 4.50
CHICKEN, LETTUCE & MAYO	\$ 3.60	\$ 4.50
CHICKEN, CHEESE & TOMATO	\$ 3.60	\$ 4.50
PERI PERI CHICKEN SPICY, LETTUCE	\$ 3.60	\$ 4.50
HAM, CHEESE & SALAD	\$ 4.00	\$ 5.00
CHICKEN & SALAD	\$ 4.00	\$ 5.00
SWEET CHILLI CHICKEN	\$ 4.00	\$ 5.00
CHICKEN CAESAR SALAD		\$ 5.50
EXTRAS		
SAUCE PORTION - BBQ OR TOMATO SAUCE		\$ 0.50
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION		\$ 0.50
CHEESE SLICE		\$ 0.50
CHICKEN, HAM, EGG, SHREDDED CHEESE		\$ 1.00

### SALAD BOWLS

	REG	LGE
GARDEN VEG	\$ 3.20	\$ 4.50
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
CAESAR	\$ 3.20	\$ 4.50
SWEET CHILLI CHICKEN	\$ 3.50	\$ 5.00
TENDERS, LETTUCE, SWEET CHILLI MAYO		
HAM & GARDEN SALAD	\$ 3.50	\$ 5.00
CHICKEN & GARDEN SALAD	\$ 3.50	\$ 5.00
TUNA & GARDEN SALAD	\$ 3.50	\$ 5.00
CHICKEN CAESAR	\$ 3.50	\$ 5.00
CHICKEN, COS, EGG, CROUTONS, CHEESE		
PERI PERI CHICKEN	\$ 3.50	\$ 5.50
LETTUCE, TOMATO, CUCUMBER, SPICY SAUCE		
SWEET CHILLI NOODLES	\$ 3.50	\$ 5.50
VIETNAMESE STYLE CHICKEN, CARROT, CAPSICUM, VERMICELLI NOODLES		
RICE PAPER ROLLS	TUESDAY & WEDNESDAY	
CHICKEN TERIYAKI	LETTUCE, CARROT, CUCUMBER	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG		\$ 4.00
SWEET CHILLI CHICKEN	CHICKEN, LETTUCE, CARROT, CUCUMBER	\$ 4.00

### SUSHI

	WEDNESDAY & THURSDAY
CHICKEN TERIYAKI MAYO	\$ 3.50
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 3.50
SWEET CHILLI CHICKEN	SWEET CHILLI MAYO \$ 3.50

## OCCASIONAL CHOICES HOT FOOD

### HOT BITES

CHICKEN NUGGET 100% BREAST	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
MINI SPRING ROLL VEGE OVEN BAKED VEG	\$ 0.90
HASH BROWN VEG	\$ 1.20
HOT DOG WITH SAUCE (CHICKEN)	\$ 3.50
POTATO WEDGES BAKED - YOUR CHOICE OF SAUCE	\$ 4.00
CUP NOODLES * CHICKEN - BEEF - ORIENTAL VEG	\$ 3.00
TOM YUM (HOT N SPICY)	

\* CUPS OF NOODLES ARE NOT PLACED IN LUNCH BASKETS  
CHILDREN MUST COLLECT NOODLES FROM THE CANTEEN

### PASTRIES

PARTY PIE	\$ 1.40
SAUSAGE ROLL	\$ 3.50
MEAT PIE	\$ 4.00
POTATO PIE	\$ 4.50

### MEXICAN

BEEF NACHOS NOW WITH 50% MORE BEEF - CHEESE + 50C	\$ 4.50
VEGE NACHOS TOMATO SALSA - CHEESE + 50C VEG	\$ 4.50

### HOME MADE PIZZA

PEPPERONI CHEESE (OTHER PIZZAS IN EVERYDAY SECTION)	\$ 4.50
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## EVERYDAY CHOICES

## PASTA - RICE - BURGERS - PIZZA - HOT BITES - KEBABS

### PASTA - RICE

	LGE	REG
BUTTER CHICKEN WITH RICE	\$ 5.80	\$ 4.00
SPAGHETTI BOLOGNESE BEEF SAUCE	\$ 5.80	\$ 4.00
FETTUCINE ALFREDO CREAMY CHICKEN	\$ 5.80	\$ 4.00
SINGAPORE NOODLES CHICKEN & VEG	\$ 5.80	\$ 4.00
CHINESE FRIED RICE VEG		\$ 4.00
VEGETABLE CURRY WITH RICE VEG		\$ 4.00
MACARONI & CHEESE VEG		\$ 4.20
LASAGNE BEEF	\$ 6.00	\$ 4.20
LASAGNE VEGE GLUTEN FREE VEG		\$ 5.00

### BURGERS

CHICKEN CHARGILLED BREAST FILLET, LETTUCE, MAYO	\$ 4.80
PERI PERI CHICKEN LETTUCE & PERI PERI SAUCE	\$ 4.80
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.80
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.80
CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 4.80
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO VEG	\$ 4.80

### HOME MADE PIZZAS

CHEESE VEG	\$ 4.00
HAM & CHEESE	\$ 4.50

### MEXICAN

CHICKEN FAJITA MEXICAN CHICKEN (TOASTED WRAP)	\$ 4.50
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### HOT BITES

CORN COB VEG	\$ 1.20
CHICKEN WING HOT & SPICY	\$ 1.30
GARLIC BREAD VEG	\$ 2.50
CHEESE TOASTED WRAP VEG	\$ 2.50
HAM & CHEESE TOASTED WRAP	\$ 3.50
PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.50
PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00

\*\* LUNCH ORDER BAGS - FREE WHEN YOU ORDER YOUR LUNCH \*\*



## DELI STYLE TURKISH BREAD TOASTED

MELTED CHEESE	\$ 4.50	CHICKEN FILLET CHEESE, BBQ OR MAYO	\$ 6.00
CHEESE & TOMATO VEG	\$ 5.00	ITALIAN HAM, PEPPERONI, CHEESE, TOMATO	\$ 6.00
THE NO. 1 HAM & CHEESE (ASK FOR TOMATO - FREE)	\$ 5.50	CREATE YOUR OWN UP TO 4 FILLINGS \$6	\$ 6.00



## EVERYDAY DRINKS

## WATER - JUICE - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00
WATER 600ML	\$ 2.00
PLAIN MILK	\$ 2.00
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.50
CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.50
UP N GO CHOCOLATE, VANILLA	\$ 3.00
ICE TEA PEACH, RASPBERRY	\$ 3.50
ALOE VERA GRAPE	\$ 3.50
HOT CHOCOLATE	\$ 2.00

\* OTHER JUICE FLAVOURS AVAILABLE OVER THE COUNTER AT THE CANTEEN



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Order From Any Of Your Devices  
Look For Exclusive Online Only Specials



## VEGETARIAN CHOICES

### SANDWICHES - WRAPS - SALADS

VEGEMITE OR JAM OR HONEY	\$ 2.00
CHEESE	\$ 2.00
TOMATO	\$ 2.00
EGG MAYONNAISE	\$ 3.00
EGG & LETTUCE MAYONNAISE	\$ 3.50
SALAD LETTUCE - TOMATO - CUCUMBER - BEETROOT - CARROT	\$ 3.20

### WRAPS - SALADS - RICE PAPER ROLLS

SALAD WRAP	\$ 4.50
GARDEN SALAD	\$ 3.20 \$ 4.50
RICE PAPER ROLL ASSORTED SEASONAL VEGES	\$ 4.00

### PIZZA - PASTA - RICE - NOODLES

PIZZA CHEESE & FRESH TOMATO SAUCE	\$ 4.00
CHINESE FRIED RICE AUTHENTIC	\$ 4.00
VEGETABLE CURRY WITH RICE	\$ 4.00
MACARONI & CHEESE	\$ 4.20
LASAGNE VEGETABLE GF	\$ 5.00

### HOT BITES

MINI SPRING ROLL OVEN BAKED	\$ 0.90
CORN COB	\$ 1.20
HASH BROWN	\$ 1.20
GARLIC BREAD	\$ 2.50
TOASTED CHEESE WRAP	\$ 2.50
CUP OF NOODLES ORIENTAL	\$ 3.00
NACHOS WITH TOMATO SALSA ADD CHEESE 50c	\$ 4.50

GLUTEN  
FREE

## GLUTEN FREE CHOICES

### SANDWICHES - WRAPS

GLUTEN FREE BREAD	\$ 1.00
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YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE REGULAR MENU

### RICE PAPER ROLLS x 2 TUESDAY & WEDNESDAY

CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 4.00

### SUSHI WEDNESDAY & THURSDAY

CHICKEN FRESH CHICKEN BREAST, CUCUMBER	\$ 3.50
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 3.50

### PASTA - RICE

MACARONI & CHEESE	\$ 5.00
LASAGNE VEGETABLE	\$ 5.00

### MEXICAN

BEEF NACHOS NOW WITH 50% MORE BEEF - CHEESE + 50c	\$ 4.50
VEGE NACHOS TOMATO SALSA - CHEESE + 50c VEG	\$ 4.50

### HOT BITES

CHICKEN NUGGETS 100% BREAST	EACH \$ 0.90
	4 PACK \$ 3.50
	6 PACK \$ 5.00

HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20
MEAT PIE BEEF	\$ 5.00

### SNACKS

JELLY BOWL	\$ 1.50
CHIPS 27g	\$ 2.00
PIRANHA RICE SNAPS VEGE RICE CRACKERS	\$ 2.20

### ICE COLD TREATS

SOUR SNAP APARTS	\$ 1.00
FROZEN JUICE CUP	\$ 1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
ICE MONY ALL FRUIT BASED ONES	\$ 1.20

PLEASE WRITE "GLUTEN FREE"  
ON YOUR LUNCH BAG

GREAT  
CHOICE  
Healthy School Canteens

## Crunch & Sip

# \$ 2.50

NOW AVAILABLE ALL DAY



Bottle Water 600ml



Choose Any Piece  
Of Seasonal Fruit  
At The Canteen

GREAT  
CHOICE  
Healthy School Canteens

## EVERYDAY CHOICES

## TOASTED WRAPS - CUSTARD

### HOT BREAKFAST

TOAST ASSORTED SPREADS	\$ 1.00
TOASTED CHEESE WRAP	\$ 2.50
TOASTED HAM & CHEESE WRAP	\$ 3.50

### CUSTARD

CUSTARD BOWL VANILLA	\$ 2.50
CUSTARD CUP VANILLA (AT THE COUNTER ONLY)	\$ 1.00

GREAT  
CHOICE  
Healthy School Canteens

## EVERYDAY CHOICES

## FRESH FRUITS - YOGHURT - MUESLI

### FRESH FRUIT

	REG	LGE
FRUIT PIECE APPLE - BANANA - MANDARIN		\$ 1.00
GRAPES SNACK PACK		\$ 2.00
FROZEN GRAPES SNACK PACK		\$ 2.00
WATERMELON BOWL CHUNKS	\$ 2.00	\$ 4.00
FRUIT SALAD SEASONAL FRUITS	\$ 3.00	\$ 4.50

### FRUIT - YOGHURT - MUESLI

FROZEN ORANGES SNACK PACK	\$ 2.00
YOGHURT CUP (AT THE COUNTER ONLY)	\$ 1.00
MUESLI & YOGHURT (AT THE COUNTER ONLY)	\$ 1.00
FRUIT & YOGHURT (AT THE COUNTER ONLY)	\$ 1.00
VAALIA YOGHURT TUB 160g	\$ 3.00

GREAT  
CHOICE  
Healthy School Canteens

## EVERYDAY CHOICES

## ICE BLOCKS - SAVOURY SNACKS - VEGE & DAIRY SNACKS

### ICE COLD TREATS

99% JUICE BASED

FROZEN JUICE CUP	\$ 1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
FRUITY ICES ASSORTED FLAVOURS	\$ 0.50
SOUR SNAP APARTS ASSORTED FLAVOURS	\$ 1.00
ICE MONY	\$ 1.20
CHOCOLATE - BLUE RASPBERRY - RED BERRY - LEMON	
FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY)	\$ 2.00

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

### SAVOURY SNACKS

POPCORN	\$ 1.00
CARROT & CUCUMBER STICKS CUP	\$ 1.50
CHEESE PACK CHEESE & JATZ CRACKERS	\$ 1.50
VARIETY PACK CARROT - CUCUMBER - CHEESE - JATZ	\$ 2.50
CALCIUM PACK CHEESE PACK + PLAIN MILK	\$ 3.00

THERE ARE MANY MORE FRESHLY MADE ITEMS THAT ARE  
DISPLAYED FOR SALE OVER THE COUNTER EACH DAY.  
THESE INCLUDE A MIX OF FRESH SWEET & SAVOURY FOODS  
ALL ITEMS MADE ARE EVERYDAY RATED FOODS

## OCCASIONAL CHOICES

## SNACKS - ICE CREAM - DAIRY

BROWNIE OUR FAMOUS BITE SIZE SNACK	\$ 1.00	PADDLE POPS CHOCOLATE, RAINBOW	\$ 2.00
BANANA BREAD	\$ 2.00	ICE CREAM CUP VANILLA	\$ 1.50
CHIPS 27g	\$ 2.00	JELLY BOWL	\$ 1.50
PIRANHA RICE SNAPS VEGE CRACKERS GLUTEN FREE	\$ 2.20	CUSTARD & JELLY BOWL	\$ 2.00

GREAT  
CHOICE  
Healthy School Canteens

## EVERYDAY CHOICES

## HEALTHY SNACKS - ONLY AVAILABLE OVER THE COUNTER

PIKELETS	\$ 1.00	SALSA SALAD BOWL BAKED TORTILLA CHIPS	\$ 2.00
SUSHI BITES	\$ 1.00	VERMICELLI NOODLES CHICKEN & VEGES	\$ 2.00
MINI QUICHE CHICKEN - VEGETARIAN	\$ 1.00	SPAGHETTI BOLOGNESE CUP	\$ 2.00
BOLOGNESE BOAT BEEF BOLOGNESE TOAST CUP	\$ 1.00	FETTUCINE ALFREDO CUP	\$ 2.00
MINI MUFFINS HONEY - ASSORTED FRESH FRUIT	\$ 1.00	VIETNAMESE RICE PAPER ROLL	\$ 2.00
SAVOURY SCROLLS ASSORTED FILLINGS	\$ 1.00	BUTTER CHICKEN WITH RICE	\$ 2.00
QUESADILLA TRIANGLES SAVOURY FILLINGS	\$ 1.00	SAVOURY PASTIES FRESH VEGES & MEATS	\$ 2.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS	\$ 1.00	SPICY CHICKEN WING & FRIED RICE	\$ 2.50
FRUIT KEBAB SEASONAL FRUITS ON A STICK	\$ 1.00		
PINWHEELS PASTRY WITH SAVOURY FILLINGS	\$ 1.00		

WE ADD LOTS OF NEW HEALTHY COUNTER SNACKS EVERY WEEK  
SEND US A MESSAGE ON FACEBOOK IF YOU HAVE ANY IDEAS THAT YOU  
WOULD LIKE TO SEE US MAKE IN THE CANTEEN

EVERYDAY WE MAKE LOTS OF FRESH, HEALTHY SNACKS IN THE CANTEEN FOR YOUR CHILD FOR LESS THAN \$2