



# Canteen Menu



## Breakfast from 8:00-9:00am

<b>Ultimate Breaky Wrap (Mon Only)</b>	<b>\$6.00</b>
Egg, bacon, sausage, cheese, hash brown, tomato, onion, BBQ sauce	
<b>Brekky Burrito –</b>	<b>\$3.50</b>
Bacon, egg, cheese, BBQ sauce, toasted	
<b>Veggie Delight Wrap –</b>	<b>\$4.50</b>
Egg, baby spinach, mushroom, cheese, tomato, aioli	
<b>Sausage &amp; Egg Wrap</b>	<b>\$3.50</b>
Sausage pattie, cheese, scrambled egg, BBQ Sauce	
<b>Sausage &amp; Egg Muffin</b>	<b>\$3.50</b>
Sausage, egg, cheese, BBQ sauce	
<b>Cheese Toastie</b>	<b>\$2.00</b>
<b>Ham, Cheese Toastie</b>	<b>\$2.50</b>
<b>Vegemite &amp; Cheese scroll</b>	<b>\$3.00</b>
<b>Bacon &amp; Cheese scroll</b>	<b>\$3.00</b>
<b>Fresh fruit salad (V)</b>	<b>\$3.00</b>
<b>Banana bread</b>	<b>\$3.00</b>
<b>Vanilla yogurt fruit &amp; granola</b>	<b>\$3.50</b>

## Weekly Specials

### Monday

<b>Quiche - Ham &amp; cheese with Salad</b>	<b>\$6.00</b>
<b>Rice Paper Roll - Chicken or avocado (GF)</b>	<b>\$5.50</b>

### Tuesday

<b>Crispy Chicken Taco</b>	<b>\$6.00</b>
2 x Soft Taco, chicken tender, baby spinach, tomato, cheese, mayo, salsa	
<b>Crispy Fish Taco</b>	<b>\$6.00</b>
2 x Soft Taco, crispy fish, baby spinach, tomato with homemade tartare sauce	

### Wednesday

<b>Mexican Sloppy Joe Roll</b>	<b>\$6.00</b>
Homemade beef chilli served on a brioche bun topped with smashed avocado cheese and salsa	
<b>BBQ Beef Sloppy Joe Roll</b>	<b>\$6.00</b>
Savoury beef mince with homemade BBQ sauce and topped with cheese	

### Thursday

<b>Steamed Bao Bun</b>	<b>\$6.00</b>
Pork, Karaage Chicken or Roasted veggies with miso	

### Friday

<b>Enchiladas - Chicken or Veggie</b>	<b>\$6.00</b>
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## Sushi

Chicken/tuna/avocado (V/GF) (Sml/Twin)	<b>\$3.80/\$6.00</b>
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## Poke Bowl (Wed only)

<b>\$6.00</b>
Tuna, Karaage Chicken or Avocado: with rice, carrot, lettuce, tomato, cucumber, edamame, ginger, mayo

## Salads

<b>Chicken Caesar</b>	<b>\$6.00</b>
Chicken, egg, bacon, parmesan cheese, lettuce, with Caesar dressing	
<b>Chicken Peri Peri</b>	<b>\$6.00</b>
Chicken, lettuce, tomato, cucumber, carrot, red onion topped with peri peri mayo	
<b>Cheese &amp; Avocado Salad</b>	<b>\$6.00</b>
Cheese, avocado, baby spinach, tomato, cucumber, carrot, red onion, topped with balsamic glaze	
<b>Vegan Pasta Salad (V)</b>	<b>\$6.50</b>
Vegan pasta, cucumber, capsicum, cherry tomato, chickpeas with vegan mayo	

## Sandwiches & Wraps

<b>Ham &amp; cheese</b>	<b>\$4.00</b>
<b>Cheese &amp; salad</b>	<b>\$5.00</b>
<b>Ham, cheese &amp; tomato</b>	<b>\$4.50</b>
<b>Ham &amp; salad</b>	<b>\$5.00</b>
<b>Chicken &amp; salad</b>	<b>\$5.50</b>
<b>Egg, lettuce &amp; mayo</b>	<b>\$4.50</b>
<b>Curried egg</b>	<b>\$4.00</b>
<b>Chicken &amp; mayo</b>	<b>\$5.00</b>
<b>Chicken, baby spinach, mayo</b>	<b>\$5.00</b>
<b>Snack Wrap - chicken, tomato, lettuce, mayo</b>	<b>\$4.50</b>
<b>Chicken Caesar Wrap</b>	<b>\$6.00</b>
chicken, lettuce, bacon, parmesan cheese, egg, with Caesar dressing	
<b>Garlic Roasted Chicken &amp; Salad Wrap</b>	<b>\$6.00</b>
Fresh roasted garlic chicken, lettuce, tomato, carrot, cucumber with aioli	

## Herb & Garlic Focaccia (Fresh or Toasted)

<b>Chicken, Cheese &amp; Avocado</b>	<b>\$5.50</b>
Fresh Chicken, cheese, avocado, baby spinach, aioli	
<b>Cheese &amp; Salad</b>	<b>\$5.50</b>
Cheese, tomato, carrot, cucumber, red onion, mayo	
<b>Vegan Focaccia (V)</b>	<b>\$6.00</b>
Roasted vegetable, vegan mayo, vegan cheese	
<b>BLT Turkish</b>	<b>\$5.50</b>
Bacon, baby spinach, tomato, aioli	

## Snacks

<b>Cheese &amp; Crackers</b>	<b>\$3.00</b>
<b>Fresh fruit salad tub (V)</b>	<b>\$3.00</b>
<b>Watermelon tub (V)</b>	<b>\$3.00</b>
<b>Whole Fruit – Apple, Orange, Banana (each) (V)</b>	<b>\$1.00</b>
<b>2 x Boiled Eggs</b>	<b>\$3.00</b>
<b>Vanilla yogurt, fruit &amp; granola</b>	<b>\$3.50</b>
<b>Assorted muffins baked daily</b>	<b>\$2.00</b>

\* V - Vegan, DF - Dairy Free, GF - Gluten Free, NF - Nut Free

## Ice blocks

<b>Twisted frozen yoghurt (DF / GF / NF)</b>	<b>\$3.50</b>
Watermelon & Mango or Strawberry	
<b>Bulla frozen yoghurt - Strawberry or Mango</b>	<b>\$3.50</b>
<b>Billabong - Rainbow, Chocolate</b>	<b>\$2.00</b>
<b>Icey Pole - Lemonade</b>	<b>\$1.50</b>
<b>Calippo</b>	<b>\$1.00</b>
<b>Frozen fruit cup</b>	<b>\$1.00</b>
Apple, orange, Apple & Blackcurrant	
<b>Milo cup</b>	<b>\$3.50</b>

## Everyday Hot Food

<b>Meat Pie – low fat</b>	<b>\$4.00</b>
<b>Sausage Roll - low fat</b>	<b>\$3.00</b>
<b>Chicken &amp; mayo roll</b>	<b>\$5.00</b>
<b>Chicken Parmy roll</b>	<b>\$5.00</b>
<b>Meatball sub</b>	<b>\$5.00</b>
<b>Hotdog</b>	<b>\$3.00</b>
<b>Hotdog with cheese</b>	<b>\$3.50</b>

## Homemade

<b>Penne pasta bake (Sml/Lg)</b>	<b>\$3.00/\$4.50</b>
<b>Special fried rice</b>	<b>\$3.00</b>
<b>Creamy chicken pesto pasta</b>	<b>\$5.50</b>
<b>Pizza ham &amp; Cheese</b>	<b>\$5.00</b>
<b>Pizza Cheese</b>	<b>\$5.00</b>

## Burgers

<b>Cheese Burger - beef, cheese, BBQ sauce</b>	<b>\$4.50</b>
<b>Chicken Burger - Chicken, Cheese, BBQ Sauce</b>	<b>\$5.00</b>
<b>PBC Mac (Fri Only) -</b>	<b>\$6.00</b>
beef, tomato, cheese, lettuce, PBC secret sauce	
<b>Vegan Burger (Fri Only) (V)</b>	<b>\$6.00</b>
Vegan pattie, tomato, lettuce, vegan cheese	

## Hot Drinks

<b>Flat white/Cappuccino/Latte (Reg/Lg)</b>	<b>\$4.00/\$5.00</b>
<b>Extras- Syrups (vanilla, caramel)</b>	<b>\$0.50</b>
<b>Extra Shot Soy/Almond/Oat/Lactose Free Milk</b>	<b>\$0.50</b>
<b>Hot chocolate</b>	<b>\$3.00</b>
<b>Chai Latte (Reg/Lg)</b>	<b>\$4.00/\$4.50</b>

## Drinks

<b>Milk 300ml (Chocolate, Strawberry, Iced Coffee)</b>	<b>\$2.50</b>
<b>Milk Full Cream 500ml</b>	<b>\$3.00</b>
<b>Milk 500ml (Real Chocolate)</b>	<b>\$4.00</b>
<b>Popper</b>	<b>\$2.00</b>
<b>Aleo Vera (4 flavours)</b>	<b>\$4.00</b>
<b>Water (600ml / 1L)</b>	<b>\$2.00/\$3.00</b>
<b>Bundaberg Juice (Orange, Apple, ABC, Pineapple)</b>	<b>3.80</b>
<b>Oak Protein Plus Milk</b>	<b>\$4.50</b>
<b>Impressed Pressed Juice</b>	<b>\$4.00</b>