



Canteen Menu



Breakfast from 8:00-9:00am

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

Sandwiches & Wraps

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| Ham & cheese | \$4.00 |
| Cheese & salad | \$5.00 |
| Ham, cheese & tomato | \$4.50 |
| Ham & salad | \$5.00 |
| Chicken & salad | \$5.50 |
| Egg, lettuce & mayo | \$4.50 |
| Curried egg | \$4.00 |
| Chicken & mayo | \$5.00 |
| Chicken, baby spinach, mayo | \$5.00 |
| Snack Wrap - chicken, tomato, lettuce, mayo | \$4.50 |
| Chicken Caesar Wrap | \$6.00 |
| chicken, lettuce, bacon, parmesan cheese, egg, with Caesar dressing | |
| Chicken Peri Peri Wrap | \$6.00 |
| Chicken, lettuce, tomato, cucumber, carrot, red onion, Peri Peri mayo | |

Sushi

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| Chicken/tuna/avocado (V/GF) (Sml/Twin) | \$3.80/\$6.00 |
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Weekly Specials

Monday

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| Honey Soy Chicken Drumstick | \$6.00 |
| with veggie fried rice | |

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| Special Fried Rice (GF)(Sml/Lg) | \$4.00/\$5.00 |
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Tuesday

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| Butter Chicken (GF) (Sml/Lg) | \$4.00/\$6.00 |
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| Chicken Shawarma Wrap | \$6.00 |
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Shawarma spiced chicken, diced tomato, baby spinach red onion, with garlic Aioli toasted wrap

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| Veggie Frittata (GF) | \$6.00 |
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Wednesday

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| Nachos (GF) (Sml/Lg) | \$4.00/\$6.00 |
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Chilli beef or Bean

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| Roasted Veggie Turkish | \$6.00 |
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Pesto, roasted sweet potato, grilled onion, grilled red cap, zucchini, baby spinach, cheese, toasted

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| Beef Rissoles & Gravy (GF) | \$6.00 |
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With creamy mash & veggies

Thursday

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| Steamed Bao Bun | \$6.00 |
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Pulled Pork, Karaage Chicken

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| Gozleme Spinach and cheese | \$5.00 |
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Friday

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| Enchiladas - Chicken or Veggie | \$6.00 |
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| Chicken Burrito Bowl (GF) | \$6.00 |
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Mexican chicken, rice, bean and corn salsa, cheese with sour cream

Herb & Garlic Focaccia (Fresh or Toasted)

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| Chicken, Cheese & Avocado | \$6.00 |
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Fresh Chicken, cheese, avocado, baby spinach, aioli

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| Cheese & Salad | \$5.50 |
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Cheese, tomato, carrot, cucumber, red onion, mayo

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| Vegan Focaccia (V) | \$6.00 |
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Roasted vegetable, vegan mayo, vegan cheese

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| BLT Turkish | \$5.50 |
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Bacon, baby spinach, tomato, aioli

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



Canteen Menu



Homemade

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|--------------------------|---------------|
| Penne pasta bake (Sm/Lg) | \$3.00/\$4.50 |
| Creamy pesto pasta | \$5.00 |
| Pizza ham & cheese | \$5.00 |
| Pizza cheese | \$5.00 |
| BBQ Chicken & cheese | \$5.00 |

Burgers

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| Cheese Burger - beef, cheese, BBQ sauce | \$4.50 |
| Chicken Burger - Chicken, cheese, BBQ sauce | \$5.00 |
| PBC Mac (Fri Only) - beef, tomato, cheese, lettuce, PBC secret sauce | \$6.00 |

Everyday Hot Food

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| Meat Pie – low fat | \$4.00 |
| Sausage Roll - low fat | \$3.00 |
| Chicken & mayo roll | \$5.00 |
| Chicken Parmy roll | \$5.00 |
| Meatball sub | \$5.00 |
| Hotdog | \$3.00 |
| Hotdog with cheese | \$3.50 |

Salads

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| Chicken Caesar | \$6.00 |
| Chicken, egg, bacon, parmesan cheese, lettuce, with Caesar dressing | |
| Chicken Peri Peri | \$6.00 |
| Chicken, lettuce, tomato, cucumber, carrot, red onion topped with peri peri mayo | |
| Vegan Pasta Salad (V) | \$6.50 |
| Vegan pasta, cucumber, capsicum, cherry tomato, chickpeas, vegan mayo | |

Snacks

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| Impressed Pressed Juice | \$4.00 |
| Cheese & Crackers | \$3.00 |
| Fresh fruit salad tub (V) | \$3.00 |
| Watermelon tub (V) | \$3.00 |
| Whole Fruit – Apple, Orange, Banana (each) (V) | \$1.00 |
| 2 x Boiled Eggs | \$3.00 |
| Vanilla yogurt, fruit & granola | \$3.50 |
| Assorted muffins baked daily | \$2.00 |

Ice blocks

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| Twisted frozen yoghurt (DF/GF/NF) | \$3.50 |
| Watermelon/Mango or Strawberry | |
| Bulla frozen yoghurt - Strawberry or Mango | \$4.00 |
| Billabong - Rainbow, Chocolate | \$2.00 |
| Icey Pole - Lemonade | \$1.50 |
| Calippo | \$1.00 |
| Frozen fruit cup | \$1.00 |
| Apple, orange, apple & blackcurrant | |
| Milo cup | \$3.50 |

Hot Drinks

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

Drinks

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| Milk 300ml (Chocolate, Strawberry, Iced Coffee) | \$2.50 |
| Milk Full Cream 500ml | \$3.00 |
| Milk 500ml (Real Chocolate) | \$4.00 |
| Popper | \$2.00 |
| Aleo Vera (3 flavours) | \$4.00 |
| Water (600ml / 1L) | \$2.00/\$3.00 |
| Bundaberg Juice (Orange, Apple, ABC, Pineapple) | \$4.00 |
| Oak Protein plus milk | \$4.50 |