



2017 Canteen Menu

Breakfast (8:15 – 8:45am)

Meal Deal – Sandwich, wrap or muffin, hash brown and sml water/milk	\$5.00
Egg & Bacon - sandwich or wrap or muffin	\$3.10
Spinach, tomato and egg wrap	\$3.10
Vegemite and cheese scroll	\$2.00
Hash browns	\$2.00
Greek yoghurt & granola	\$2.50
Bircher Muesli	\$2.50
Fresh Fruit Tub	\$2.50

Hot Food

Lite meat pie	\$4.00
Lite sausage roll	\$3.10
School approved potato pie	\$4.20
Burgers: lettuce, tomato, beet, carrot & BBQ sauce	\$5.00
Burgers: Chicken t/loin w/Asian slaw on panini roll	\$5.00
Burgers: Veg pattie, lettuce, tomato, hummus	\$4.50
Hotdogs (Mon, Wed, Fri)	\$3.00
Sweet chilli chicken wraps (Mon, Wed, Fri)	\$5.20
Corn on the cob (Mon, Wed)	\$2.00
Baked potato w/sour cream and chives (Tue, Thu)	\$3.00

Lunch

Panini

Roast beef & salad, cornmeal & salad	\$5.50
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Wraps

Chicken & salad or gluten free salad	\$5.50
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Turkish

Pesto chicken and salad, roast beef and salad, Cheese and pesto salad	\$5.50
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Bagels

Pink salmon, pesto cream cheese and capers	\$5.50
Marinated chicken, spinach, S/D tomato, cheese	\$5.50
Avocado, feta cheese	\$5.50

Salad

Salad of the day	\$5.00
Cold meat and salad tub	\$5.50

Sushi

	\$3.20
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Rice Paper Rolls

Chicken teriyaki ~ Prawn ~ Avocado	\$4.50
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Sandwiches (served on wholemeal and multigrain)

Ham/cheese and tomato	\$3.70
Egg & Lettuce	\$3.70
Cheese Salad	\$3.70
Chicken & salad	\$4.50

Weekday Specials

Monday:	Chicken pasta	\$4.50
	Potato wedges	\$3.50

Tuesday:	Nachos (small)	\$3.00
	Potato gems	\$3.50

Wednesday:	Hamburger with the lot	\$5.50
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Thursday:	Beef and chicken burrito	\$4.50
	Rosemary & sea salt chips	\$3.50

Friday:	Chicken enchilada	\$4.50
	Sweet potato wedges	\$3.50

Snacks

Muffin of the day	\$2.00
Chocolate chip cookie	\$1.00
Chips (honey & soy)	\$1.50
Banana bread (small / ends / large)	\$1.50 / \$2.10 / \$3.10
Island way sorbet	\$3.50
Icy Twist	\$1.50
Calippo	\$1.00
TNT	\$0.80
Rainbow paddle pop	\$1.70
Frozen yoghurt (mango or strawberry)	\$2.50
Chocolate mousse	\$2.00
Fruit jelly	\$0.80
Boiled eggs	\$1.50
Protein balls	\$2.00
Vegetable sticks and ricotta	\$2.50
Cheese and crackers	\$2.50

Cold Drinks

Milk 300ml (chocolate, coffee, strawberry)	\$2.00
Milk 500ml (Natural, real chocolate)	\$3.70
Milk 500ml (full cream)	\$2.50
Up&Go (chocolate, vanilla)	\$2.50
Nutrient water	\$4.00
Water (600ml / 1L)	\$2.00 / \$3.00
Aloe – Melon & Peach	\$3.50
Bundaberg Juice (Orange, apple, ABC)	\$3.80

Hot Drinks

Flat white / Cappuccino / Latte	\$3.50 / \$4.50
Hot Milo / Chai latte / Ristretto	\$3.50 / \$4.50
Hot chocolate	\$3.50 / \$4.50 (students \$2.50)
Long black	\$2.50
Iced latte	\$3.50
Machiato	\$2.50
Syrups (vanilla, caramel, hazelnut)	\$0.50
Extra shot	\$0.50
Soy milk	\$0.50
Almond milk	\$0.50
Zzml milk	\$0.50