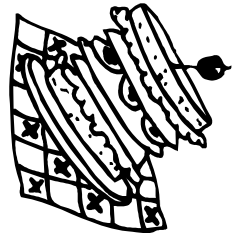


## 2020 Summer Canteen Menu



|                        |        |
|------------------------|--------|
| Small Salad Wrap ..... | \$4.00 |
| Large Salad Wrap.....  | \$6.00 |
| Salad Focaccia.....    | \$6.00 |
| Salad Sandwich.....    | \$5.00 |

Canteen Salads.....\$5.50

Burrito Bowl: brown rice, black beans, tomato salsa, guacamole and salsa made with coriander, mint, parsley, cucumber, red onion, tomato and capsicum.

Caesar Salad: cos lettuce, bacon, egg, parmesan, croutons and Caesar dressing.

Garden Salad: mesculin mix, carrot, cucumber, tomato, red onion, capsicum and choice of French or Italian dressing.

Bespoke Salad..... \$6.00

Filling Options: avocado, capsicum, carrot, cheese, chickpeas, cucumber, egg, fetta cheese, free-range ham, mesculin mix, poached chicken, red onion, semi-sundried tomatoes, tomato and tuna (same filling options available for salad wraps) (Only one meat or fish option).

Dressing Options: creamy dressing, French, Italian and mayonnaise.

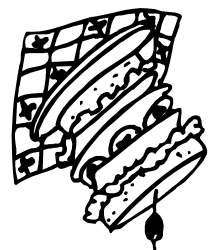
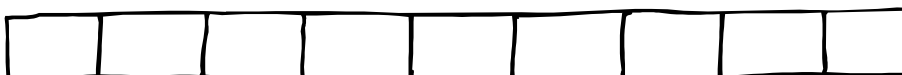
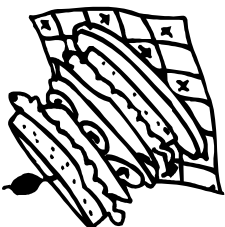
### Toasted Sandwiches

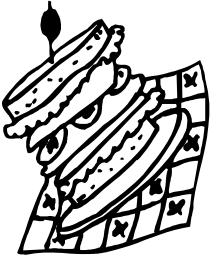
|                          |           |
|--------------------------|-----------|
| 1 filling.....           | \$3.60    |
| 2 fillings.....          | \$4.00    |
| 3 fillings.....          | \$4.50    |
| Additional fillings..... | \$0.50 ea |

Bread options: white and wholemeal. Gluten free available \$1 extra.

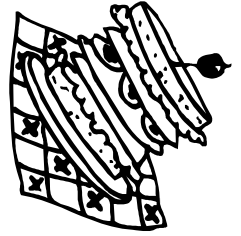
Fillings: avocado, capsicum, carrot, chicken, cheese, cucumber, egg, ham, lettuce, red onion, semi-sundried tomato and tomato. Mayonnaise, BBQ sauce or tomato sauce

|                                   |            |
|-----------------------------------|------------|
| Ciabatta (1 filling) .....        | \$4.50     |
| Herbed Focaccia (1 filling) ..... | \$4.50     |
| Additional fillings .....         | \$0.50c ea |





## 2020 Summer Canteen Menu



### HOT OPTIONS

|                                  |        |
|----------------------------------|--------|
| Garlic Bread .....               | \$2.00 |
| Cheese and Garlic Ciabatta ..... | \$3.00 |
| Cheese and Bacon Roll .....      | \$3.00 |
| Hot Cheese Roll .....            | \$3.00 |

|   |        |
|---|--------|
| Burgers .....   | \$5.50 |
| Chicken: focaccia bun, lettuce, tomato, cheese and mayonnaise |        |
| Veggie: focaccia bun, lettuce, tomato, cheese and mayonnaise  |        |
| Plain (burger only, no fillings) .....                        | \$5.00 |

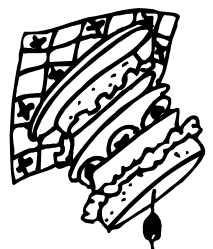
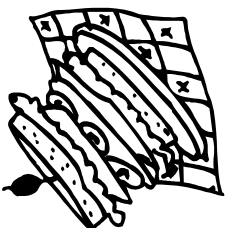
|  |        |
|--|--------|
| Hot Food Containers .....  | \$5.00 |
| Fried Rice* (gluten free) (bacon, egg omelette, spring onion, peas, corn, capsicum, soy sauce)     |        |
| Vegetarian Fried Rice* (gluten free) (egg omelette, spring onion, peas, corn, capsicum, soy sauce) |        |
| * rice is steamed, not fried and no oil is used.   |        |

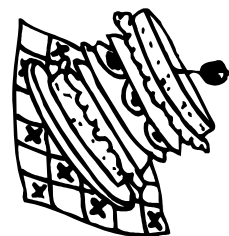
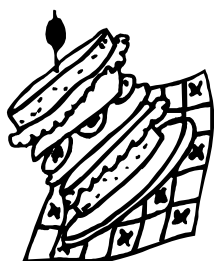
|   |        |
|---|--------|
| Vegetarian Pasta (napoli sauce, herbs and cheese)                   |        |
| Vegetarian Gluten Free Pasta (napoli sauce, herbs and cheese) ..... | \$6.00 |

|  |        |
|--|--------|
| Wedges (gluten free) .....                       | \$4.80 |
| Nachos (gluten free) with salsa and cheese ..... | \$5.00 |
| Sour Cream .....                                 | \$1.00 |
| Guacamole .....                                  | \$1.00 |

### Pies (National Pies)

|  |        |
|--|--------|
| Lunch Pie .....  | \$4.50 |
| Chicken and Camembert .....  | \$6.00 |
| Curried Chicken .....  | \$6.00 |
| Pastie .....   | \$4.50 |
| Tandoori Vegetable Pastie .....                                      | \$4.50 |
| Party Sausage Roll .....   | \$2.20 |
| Party Pies (beef, chicken camembert, curried chicken, cottage) ..... | \$2.20 |





## 2020 Summer Canteen Menu

Fruit Salad made from seasonal fruit

Small cup ..... \$3.50

Large ..... \$5.00

Water ..... \$2.00

Hartz Mineral Water (raspberry, lime, lemonade) ..... \$3.00

Juicy Isle Orange Juice

small ..... \$3.30

large ..... \$4.10

Pop Top Juice (orange, apple, apple-blackcurrant) ..... \$3.00

Ribena Blackcurrant Juice

small ..... \$2.00

large ..... \$4.50

Nippy's Milk (chocolate, strawberry)

small ..... \$3.30

large ..... \$4.10

Milkshakes (gluten free) (made with ice cream) ..... \$5.00

Available flavours: caramel, chocolate, lime, milo, strawberry, vanilla

Ice creams & Icy poles

Iced Mony (some gluten free) ..... \$1.00

Icy Poles (raspberry, lemonade) ..... \$1.25

Billabong ..... \$1.60

Frosty Fruit ..... \$2.20

Lifesaver ..... \$2.20

Milo ..... \$3.00

Jelly Cups ..... \$1.00

*Please check the Specials Board for additional items*

*There are no variations to the menu.*

*All pastry products are from the canteen approved Smarty Pie range - lower in fat and salt. Meat pies contain vegetable.*

