

# Term 2, 2022 Canteen Menu

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

## Salads

Garden Salad .....	\$5.50
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Bespoke Salad (available all year round) .....	\$6.00
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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/fish and cheese 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.

Sauces: mayonnaise, BBQ sauce, tomato sauce, homemade tomato relish and sweet chilli sauce.

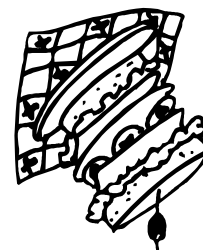
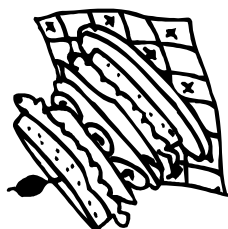
Ciabatta (1 filling) .....	\$4.50
Additional fillings .....	\$0.50c ea

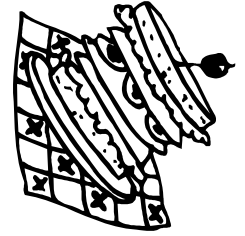
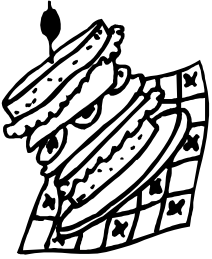
Garlic Bread .....	\$2.00
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Cheese and Garlic Ciabatta .....	\$3.00
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Cheese and Bacon Roll .....	\$3.00
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Hot Cheese Roll .....	\$3.00
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## Hot Options

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
Green Chicken Curry with Rice (chicken, potato, carrot and beans).....	\$6.00
Wedges (gluten free) .....	\$4.80
Nachos (gluten free) with salsa and cheese.....	\$5.00
Sour Cream .....	\$1.00
Guacamole .....	\$1.00
Jacket Potatoes (vegan friendly) with either Salsa or Garlic Butter .....	\$5.50
Cheese.....	\$1.00
Sour Cream .....	\$1.00
Guacamole .....	\$1.00

## Pies (National Pies)

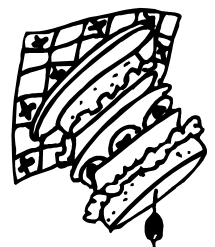
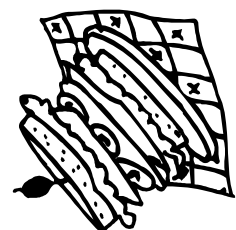
Lunch Pie .....	\$4.50
Chicken and Camembert .....	\$6.00
Curried Chicken .....	\$6.00
Vegan Mince & Cheddar .....	\$6.00
Pastie .....	\$4.50
Party Sausage Roll .....	\$2.20
Party Pies (beef, chicken & camembert, curried chicken) .....	\$2.20

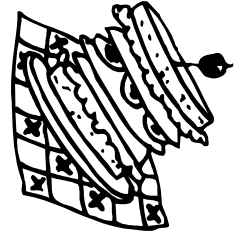
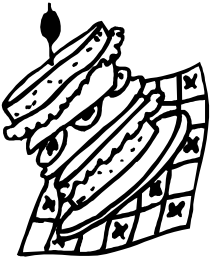
All pastry products are from the canteen approved Smarty Pie range - lower in fat and salt.

Meat pies contain vegetables.

## Snacks

Red Rock Chips (sea salt, sweet chilli, honey soy, salt & vinegar) .....	\$2.00
Veggie Chips (natural, BBQ, sea salt & vinegar) .....	\$2.00
Fruit Salad made from seasonal fruit.....	\$4.50





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## Drinks

### Water

small..... \$2.00

large..... \$3.00

Hartz Mineral Water (raspberry, lime, lemonade, orange, lemon)..... \$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) ..... \$1.20

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

Billabong..... \$1.60

Frosty Fruit ..... \$2.20

Lifesaver..... \$2.20

Milo..... \$3.00

Bulla Frozen Yoghurt ..... \$3.00

Jelly Cups..... \$1.00

Please check the Specials Board for additional items

There are no variations to the menu.

