

TERM 3 CANTEEN MENU

Daily Deals

MONDAY

NEW

Golden Monday **\$8.90**

oven-baked tempura chicken nuggets served with a side of cheezy potato bake.

Optional broccoli + cheese nuggets (3) VEG

TUESDAY

NEW

'Indo' Noodles **\$8.90**

Indonesian chicken satays (2) served with Asian veg + glass noodles

Optional Asian inspired tofu VEG

WEDNESDAY

Mamma Mia Pizza Please

Pizza Square + Garlic Bread **\$8.90**

2 X Pizza Squares **\$9.90**

NEW

Options double cheezy margherita | Spanish meatball | Happy Hawaiian **VEG**

MAKE IT A MEAL DEAL! SENIOR ONLY

Add Lucky Dip Lemonade \$3.00



THURSDAY

NEW

Born in the USA **\$9.90**

'Blue Bell' Burger

classic beef pattie with lettuce, tomato, mayo + American cheddar served with sweet chilli sour cream crisps

Optional Asian inspired tofu VEG \$8.90

'Blue Bell' Burger only \$8.00

FRIYAY

Tex Mex Nacho Bar **\$8.00**

with crunchy corn chips, salsa, grated cheese, guacamole- + sour cream

Options chilli con carne | veggie bean **VEG | GF**

ADD Raspberry Calippo \$10.90

Build your own nacho FriYay is back

EVERYDAY ASIAN FLAVOURS

Sushi Lunch Box **from \$8.90**

Baby Sushi + Kool Popcorn + Juice
Nori Roll + Deli Crisps + Juice **+\$1.00**
Rice Paper Roll + Snaps Crackers **+\$1.00**

Options teriyaki chicken | tuna mayo **GF |**
chicken katsu & lettuce | avocado **GF | VEG**
with soy or sweet chilli sauce

Everyday Lunchtime

Baby Bolognasie \$6.00

Twista Pasta Bolognasie \$8.00

Bolognasie + Garlic Bread \$9.90
with hidden veg + parmesan
Options beef | veggie | gluten free | dairy free

Baby Butter Chicken + Rice GF \$6.00

Butter Chicken + Rice GF \$8.00

Butter Chicken + Naan Bread \$9.90

Cheezy Meatball Pasta \$8.00
(Wednesday only)

Winter Time Soups \$5.50

Butternut Pumpkin w sour cream GF | VEG
Hearty Chicken Noodle GF | DF

Soup Bowl + Sourdough Bread \$8.00

(GF Bread optional)

Soup Bowl + Cheezy Bagel \$9.90

Simple Pasta Bowl \$4.00

Add Napolitano sauce +\$1.00

Add grated mozzarella \$1.00

Add beef or veggie bolognasie +\$2.00

Simple Rice Bowl \$4.00

The Winter Winner \$8.90

By popular demand!
Ultimate winter warmer!



**Crispy Chicken, Mayo,
Melted Cheese + Avo
Turkish Toastie**

with oven-baked hashbrowns
plus side of tomato sauce

Option Margarita Melt VEG



It's French Fun Day \$9.90

**Two warm gluten-free
french style crepes**

with greek yogurt, seasonal berries,
banana + topped with milk choc flake

Optional Tuesday only VEG | GF

Build your own Crepe day every Tuesday recess

Everyday Mind Foods

Whole Fruit \$1.50

Cobs Popcorn \$2.20
GF | VEG | DF

Crispy Freeze Dried Fruit \$3.20
Options mango | pineapple | strawberry
GF | VEG | DF

Cherry Ripe Energy Ball \$4.00
GF | VEG | DF

Yogurt Pot \$4.50

Options wild berry crumble | honeycomb pie
strawberry milo disco | seasonal special

Melon is Magic Fruit Plate \$4.00

Add more abracadabra!

berries | orange wedges | apple slices +\$0.50C

yogurt frogs (2) | honeycomb squares (2) +\$1.00

Crackers 'n' Cheese Plate \$4.00

Choose from jatz | rice crackers | corn chips

Add tasty cheese | cream cheese

Add cucumber circles | cherry tomato +\$0.50c

Crunch 'n' Munch Plate \$4.00

Choose from carrot stick | cucumber sticks

Add hummus | guac | cream cheese +\$0.50c

Add salted pretzels +\$1.00



'Power Me' Acai Bowl

with acai, chia, berries, banana, honey + love

Sushi Time

Single Sushi Senior \$5.50

Baby Sushi Junior

with soya sauce

Choose from teriyaki chicken | tuna mayo GF |

chicken katsu & lettuce | avocado GF | VEG

Rice Paper Roll \$5.90

with sweet chilli sauce

Choose from teriyaki chicken + avocado | Bulgogii |

teriyaki tofu + avocado VEG



Bagels & Wraps Senior

Cheezy Bagels from \$7.50

Choose from

BLT Crispy bacon, lettuce, tomato mayo
ALT Smashed avocado, lettuce + tomato
Italian Chicken sundried tomato, + mixed leaf

It's a Wrap from \$7.90

Choose from

Falafel, tomato,, hummus + merdittereat tabouleh
Italian chicken, sundried tom, mozzarella & mixed leaf
Chicken schnitzel, mozzarella, ranch dressing + lettuce

Simple Sandwich Junior

Choose from

wholemeal | white | GF

from \$4.00

Butter & vegemite

Just cheese

Happy ham

Ham + tasty cheese

Toastie Time

Choose from

wholemeal | white | sourdough | Turkish | GF

Cheese + vegemite from \$4.00

Tasty cheese + tomato

Ham + tasty cheese

Too cheezy

Ham, cheese + tomato

Hot Pastries & Snacks

Baby Beef Pie \$2.60

Snack Sausage Roll \$2.60

Spinach & Cheese Pastizzi \$2.60

 **Cheezy Broccoli Bites (3)** \$5.00

Chicken Drummys (3) \$5.00

Garlic Baguette \$3.20

Hashbrowns (2) \$3.00

Sweet Potato Fries \$3.00

subject to availability

Add tomato or bbq sauce +\$.30c

Super Salads

Goodness Me Bowl GF | VEG from \$6.00

with green goddess dressing

Mixed leaf, cherry tomatoes, cucumber & carrot

Add avocado VEG +\$1.60

Add falafel bites GF +\$1.80

Add poached chicken +\$2.00

Add crispy chicken schnitzel +\$2.50

Karaage Chicken Soba Noodle Bowl \$8.50

with sesame dressing

Japanese style soba noodles, diced cucumber, ribbon carrot & crispy chicken

Optional Asian inspired tofu VEG

Warm Pesto Me Pasta Bowl \$7.50

with nut free pesto mayo, mozzarella twista pasta, cherry tomato, basil,


Add poached chicken +\$2.00

Add falafel bites GF +\$1.80


Sometimes Snacks

Eucalyptus Drops	\$1.80
Fruity Gems	\$2.20
Yogurt Frogs	\$2.20
Ovalteenies	\$2.20
Nutri-grain Snack Pack	\$2.50
Muesli Bar	\$2.80
Snaps BBQ Veggie Crisps <small>GF</small>	\$2.80
Smiths Salt + Vinegar	\$2.50
Red Rock Deli Chips <small>Choose from honey soy chicken sea salt</small>	\$2.50
Chicken Noodle Sticks	\$2.20
Oriental Rice Crackers	\$2.20

Rise'n'Shine

Toast (1) <small>Choose from sourdough, raisin or 'Out of the oven' Ciabatta roll +.50c Add berry jam, vegemite, honey Add cream cheese, avocado +\$1.60</small>	\$3.00
 School Sunrise Brekkie Muffin <small>Traditional English muffin with 'crispy' bacon, egg + melted cheese Add oven-baked hashbrown +\$1.50</small>	\$5.00
Bursting Blueberry Bagel <small>Add cream cheese +\$1.00</small>	\$5.00
Freshly baked croissant <small>Add honey, berry jam +.50c Add cheese +\$1.50 Add ham & cheese +\$1.80</small>	\$4.00
Choc croissant	\$4.00
Perugini <small>with jam +\$1.00 With ham + Cheese +\$2.00 (subject to availability)</small>	\$4.50

Café Baked Treats

 Mini Churros (4)	\$3.50
Cookies <small>Gingerbread circles Classic choc chip Red velvet Oreo kiss [Mon + Tues]</small>	From \$3.00
'Meriden' Muffins <small>Apple & forest berry Milky choc chip milo Banana & coconut (2) GF Deluxe muffins +.50c  Raspberry + white choc Sticky Date + caramel</small>	\$4.00
Warm Fruit Loaves <small>Served warm with butter Banana Banana choc chip</small>	From \$5.00
Sweet Bites <small>Marble brownie GF Mars bar caramel</small>	\$2.20

Chill Out Time

Slushie Cup <small>See canteen for this weeks flavour</small>	\$2.50
Juicy Tubes <small>GF/DF</small> <small>lemonade wildberry tropical</small>	\$2.50
Twisted FroYos <small>GF</small> <small>choc vanilla vanilla strawberry mango watermelon caramel vanilla</small>	\$4.00
Pure Pops <small>Choc mal t shake Vanilla Rhubarb</small>	from \$3.50
FRIDAY SPECIAL Rainbow Ice Cream Cups & Cones <small>(subject to availability)</small>	\$3.00

Let's Talk Drinks – COLD

Just Juice Box **\$2.80**
paradise punch | apple & blackcurrant

East Coast Juice Bottle **\$3.80**
apple | OJ | lemonade

Juice Bomb Soda Can **\$3.80**
apple raspberry | grape | watermelon

Famous Soda Pink Lemonade Can **\$4.00**

Nippy's Milk Box 250ml **\$3.80**
chocolate | strawberry | honeycomb

Bubly Sparkling Water **\$3.80**
blackberry | lime | passionfruit

Nu Pure Still Water **\$3.00**

Pandaroo Coconut Water **\$4.00**

Milkshake it! **\$5.00**
Kit Kat | Rock'in Raspberry

Drinks Over Ice **\$5.00**

latte | vanilla chai | mocha | chocolate
Add oat or soy milk **+.50c**

Smoothies **\$5.00**
mad mango | berry me
(subject to availability)

Let's Talk Drinks – HOT

Barista Made Coffee **\$4.00**
Available in regular (8oz) + large (12oz)

cappuciino | flat white | latte | long balck |
vanilla chai latte | milky milo | creamy hot choc

BYO Keep Cup = 30c discount

Soothing Teas

breakfast | lemon & ginger | peppermint | green |
earl grey

Add oat or soy milk **+.50c**

Add vanilla | caramel | decaf | extra shot **+0.50c**

Happy Customer Card



**Buy 9 hot drinks to
receive #10 FREE**

Sunrise Brekkie Special **WED - FRI**

Traditional English muffin with
'crispy bacon, egg + melted cheese
Add oven-baked hashbrown

\$9.90