

2015 CANTEEN MENU

PASTA

Traditional Italian pasta at its best

* Gluten Free Pasta \$1.00 extra

Plain Pasta (Gluten Free Option Available*)	\$3.30
Napolitana (Gluten Free Option Available*)	\$4.00
Bolognese (Gluten Free Option Available*)	\$4.50
Beef Lasagna	\$5.50
Vegetarian Lasagna	\$5.50

PIZZA

Fresh home made Sauce and mozzarella cheese that melts in your mouth

Choose from Margherita, Ham, Vegetarian or Ham & Pineapple	\$4.00
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VEGETARIAN

Vegetarian Lasagne	\$5.50
Vegetarian Wrap (Fresh veggie pattie with lettuce and mayo on a tortilla bread)	\$4.50
Sushi - Sweet Chilli Tofu & Cucumber rolls	\$4.40
Sushi - Teriyaki Tofu & Cucumber rolls	\$4.40
Bean Burrito (kidney beans in a fresh tomato sauce with lettuce and cheese on a corn tortilla bread)	\$4.40

SUSHI

Sushi Nori rolls made to order daily – 3 pieces to a serve

Chicken Terriyaki, Cooked Tuna, Avocado or Cucumber	\$3.30
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LUNCHTIME FAVOURITES

Homemade Sausage Rolls with tomato sauce (2 to a serve)	\$3.30
Chicken Strip Wrap with lettuce and mayo	\$4.40
Crumbed fresh Chicken tenderloins (2 to a serve)	\$3.50
Zucchini Slice (Egg with Zucchini, Cheese and Onion)	\$2.50

SANDWICHES

Made with fresh ingredients to order on your choice of wholemeal, multigrain or white bread

Vegemite or Jam	\$2.20
Cheese Sandwich	\$2.50
Chicken, Ham or tuna Sandwich	\$3.50
Salad Sandwich	\$4.00
Egg Sandwich	\$3.50
Extras Cheese, Mayo, Lettuce, tomato, bread roll or tortilla bread	\$0.50

SALADS

Garden Salad	\$2.50
Add Shredded Chicken Breast or Tuna to your salad for \$1.00 extra	

SNACKS

Popcorn	\$1.00
Cheese & spinach tortilla	\$2.50
Cheese Tortilla	\$2.00
Garlic Tortilla	\$1.50
Snack Pack- fresh carrot and cucumber sticks served with crackers and cheese	\$2.20
Apricot Muesli Bar	\$1.50
Fresh Mixed Berry Yoghurt Cup	\$1.50

DESSERT

Apple Slinky	\$0.80
Seasonal Fresh Fruit per piece	\$0.80
Frozen Grape Cup	\$1.00
Fruit Salad	\$3.50
Biscuit of the day (2 to a serve)	\$1.00
Muffin of the day	\$2.00
Home Made Strawberry jelly cup	\$1.50
Chocolate Pot (low fat reduced sugar homemade chocolate custard)	\$2.00
Smooze Frozen Ice Treat (Mango, Pink Guava or Pineapple)	\$1.50
Gelato – freshly made low fat gelato assorted flavours each week. Flavours include Vanilla, Lemon, Milo and Caramel	\$2.00

DRINKS

Water (300ml)	\$1.00
Plain Milk (250ml)	\$1.00
Flavored Milk (250ml) Low fat milk with homemade Chocolate or Strawberry flavour	\$2.00
Extra Juicy 100% Fruit Juice (250ml) Orange, Apple or Apple Blackcurrant	\$2.00