



# Canteen Winter Menu – Term 2 & 3, 2017



## SANDWICHES/ROLLS

Wholemeal unless specified white  
Rolls add \$0.30 Toasted add \$0.20

Avocado	\$2.50
Cheese	\$2.00
Cheese & Tomato	\$2.30
Chicken, Lettuce & Mayo	\$3.50
Egg & Lettuce	\$3.00
Ham	\$3.00
Ham & Cheese	\$3.50
Ham & Salad	\$4.00
Salad:	\$3.50
(beetroot, carrot, cucumber, tomato & lettuce)	
Vegemite	\$2.00
Vegemite & Cheese	\$2.50

## WRAPS

Generously filled Mountain Bread with:	
Chicken & Salad/ Ham & Salad/ Salad	
Full Wrap	\$4.00
Half Wrap	\$2.50

## SUSHI/NORI ROLLS with Soy Sauce

<b>(Wednesdays only)</b>	Each	\$2.60
	or 2 for	\$5.00
Avocado & Cucumber		
Chicken & Cucumber		
Tuna & Avocado		

## RICE PAPER ROLLS with Dipping Sauce

Chicken or Crispy Tofu	Each	\$3.00
<b>(Wednesdays only)</b>	or 2 for	\$5.50

## SALADS

Chicken Caesar Salad	\$4.50
Garden Salad:	\$4.00
(lettuce, cherry tomatoes, carrot, cucumber)	
Fruit Salad:	\$3.50
Seasonal fruits with a dollop of Greek Yoghurt	

## BURGERS

Choice of Beef, Chicken or Vegie Burger With Lettuce, Tomato & Cheese, Tomato Sauce or Mayonnaise served in a Roll	\$4.50
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## BAKED POTATOES

Choice of two toppings:	\$4.50
Baked Beans, Cheese, Ham, Coleslaw, Sour Cream	

## SAUSAGE ROLLS

with Tomato Sauce	Small	\$1.00
	Large	\$2.50

## HOME MADE PIZZAS

Tomato & Cheese/ Ham, Cheese and Pineapple/Pepperoni and Cheese	\$3.50
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## PASTA & RICE

Lasagna	\$5.00
Pasta Bolognaise	\$5.00
Pasta Napolitana (Tomato)	\$4.00
Macaroni Cheese	\$4.00
Fried Rice: (Ham, Veggies, Egg & Soy)	\$4.00

## HOT SUB ROLLS

Chicken Strip, Lettuce & Mayo	\$4.00
Cheese	\$3.00
Ham & Cheese	\$3.50

## NACHOS

Corn Chips, Salsa, Cheese and Sour Cream		
	Small	\$3.50
	Large	\$4.50

## HOT SNACKS

Dim Sims	\$1.00
Corn Cob	\$0.80
Sweet Potato Wedges	\$3.00

## CHICKEN NUGGETS

with Tomato/Sweet & Sour sauce	5 for	\$3.00
	10 for	\$5.50

## SNACKS

Homemade Organic Popcorn	\$1.20
Red Rock Deli Sea Salt Chips	\$1.50
Gingerbread Kid	\$1.20
Chocolate Cookie	\$1.00
Banana Bread	\$1.20
Muffin	\$1.00
Homemade Muesli Bar	\$1.00
Apple Slinky	\$1.00

## DRINKS

Bottled Water 350ml	\$0.80
Juice 100% Fruit:	\$1.20
Apple/Orange/Tropical	
Big M Chocolate/Strawberry	\$1.50
Quench (to be phased out):	\$1.50
Lemonade/Orange/Raspberry	

## FROZEN

Calippo Raspberry & Pineapple	\$1.00
Homemade Icy pole	\$0.30
Icy Twist Lemonade	\$1.00
Paddle Pops:	\$1.50
Banana/Chocolate/Rainbow	
Shaky Shake Cup Chocolate	\$2.00
Strawberry Frozen Yoghurt	\$1.50
Vanilla Ice Cream Tub	\$1.00
Zooper Dooper	\$0.50

\*Please use a LARGE paper bag for orders or we can provide for \$0.10