

CANTEEN MENU



Sandwiches, Wraps & Rolls	
Salmon & Salad S'wich	6.00
Baked Bean S'wich	4.00
Cheese & Tomato S'wich	4.00
Chicken, Lettuce, Mayo S'wich	4.50
Egg & Lettuce S'wich	4.00
Egg & Salad S'wich	5.00
Swt Chilli Chicken & Salad S'wich	6.00
Chicken Caesar Wrap	4.50
Mexican Wrap	4.50
Salad Roll	5.00
Swt Chilli Chicken, Lettuce, Mayo Roll	5.00
Salads	
Chicken Caesar Salad Box	6.00
Chicken Salad Box	6.00
Mixed Salad Box (lettuce, tomato, carrot, cucumber)	5.00
Tuna Salad Box	6.00
Egg Salad Box	6.00
Falafel Salad Box	6.00
Salmon Salad Box	6.00
Fruit Salad Tub	4.00
Sushi	
Teriyaki	4.00
Chicken Schnitzel	4.00
Tuna	4.00
Avocado & Cucumber	4.00
Snacks	
Carrot Sticks	2.00
Yoghurt & Fruit Puree (passionfruit, mango & boysenberry)	3.00
Fresh Fruit	2.00
Plain Popcorn	2.00
Crispy Fruits (strawberry, mango, pineapple, apple)	1.50
Hard Boiled Egg	1.00
Potato Chips (Red Rock 28g, Sea Salt)	2.00
Banana Bread 75g	3.00
Frozen Snacks	
Frozen Pineapple Slice	1.00
Twisted Frozen Yoghurt (strawberry, vanilla watermelon, mango)	2.50
Juicees (tropical, wildberry, orange lemonade)	2.00
Frozen Orange Quarters	2.00

Hot Lunches	
Noodles (Chicken or Beef)	3.00
Meat Pie	5.00
Sausage Roll	4.00
Spinach & Ricotta Roll	3.50
Butter Chicken & Rice	5.50
Vegetable Pie	5.00
Lasagne	4.00
Vegetable Lasagne	4.50
Gourmet Triangles	4.50
Sauce	0.50
Daily Hot Lunch Specials	
Monday: Flame grilled chicken burger with lettuce, tomato & mayo	6.00
Tuesday: Chicken & cheese roll	6.00
Wednesday: Metballs, pizza sauce, cheese on a torpedo roll	6.00
Thursday: Chicken & cheese Roll	6.00
Friday: Colo Burger - meat pattie, lettuce, tomato, cheese & tomato sauce	6.00
Gluten Free Options	
Meat Pie	5.00
Vegetable & Ricotta Roll	4.00
Lasagne	4.50
Vegetarian Options	
Vegetable Pie	5.00
Salad Boxes	5.00
Falafel Rolls with cheese, tomato & hummus	5.00
Drinks	
Water	2.00
Flavoured Milk 500ml (chocolate, strawberry, vanilla malt)	4.50
Flavoured Milk 300ml (chocolate, strawberry, vanilla malt)	3.50
99% Fruit Juice 250ml (orange, apple, apple blackcurrant, tropical)	3.00
Glee (tropical, raspberry, apple blackcurrant)	3.00
Up & Go 250ml (vanilla, chocolate, strawberry)	3.00
Vegetable Juice 250ml	3.00