

### Code

**G- green- everyday**

**A- Amber- choose wisely**

**R- Red- Sometimes**

**GF- Gluten free available**

## Breakfast



Toast (2 slices) (G)	\$2.00
Toasted cheese (G) ((H)	\$2.50
Toasted cheese and tomato (G,)	\$3.50
Toasted ham & Cheese	\$4.00
Toasted ham, cheese and tomato (G)	\$4.50
Egg and bacon roll (A)	\$4.50
Bacon or egg roll	\$4.00
Fresh fruit salad (G, GF)	\$4.50
Granola & Yoghurt (G)	\$4.50
Yoghurt and berries (G, GF)	\$4.50
Cheese & Bacon roll	\$3.00

## Daily Specials



### Mondays Special

Lasagne (A, ) \$4.50

### Tuesday Special

Pasta Carbonara (A) \$6.00

### Wednesday Special

Butter chicken with rice (A, ) \$6.00

### Thursday Special

Pasta Bolognese (A, ) \$6.00

### Friday Special

Nachos With cheese & Sour cream  
\$6.00 (A) \$6.00

(ALL Pasta dishes have a gluten free option)

## Extras



Sauce	30c
Cheese	50c

## Hot Food



Chicken burger (A) \$5.50

*With grilled chicken lettuce & mayo*

Beef burger (A) \$5.50  
*with fresh beef patty, onion, lettuce, tomato, & beetroot, sauce*

Cheese burger (A) \$5.50  
*with fresh beef patty, cheese, tomato sauce*

Veggie burger (A, ) \$5.50

Portuguese Burger , \$5.50  
*(Sweet chilli & Mayo)*

Toasted focaccia ½ \$3.50 Whole \$7.00  
*(Chicken, cheese sour cream spring onion)*

Chicken Schnitzel Roll \$6.00  
*(With lettuce & Mayo)*

Hot dogs \$3.50  
*(with Cheese) \$4.00*

Low fat beef pie (A) \$4.50

Low fat sausage roll (A) \$3.70

Spinach and ricotta roll (A) \$4.50

*Check for burger of the day.*

*(Alternating Menu)*

## Sandwiches



Salad (G) <i>with lettuce, tomato, cucumber, carrot &amp; beetroot (Cheese extra 50c)</i>	\$4.50
Egg, Mayo and lettuce (G)	\$4.00
Cheese & tomato (G)	\$3.50
Ham, cheese & tomato (G)	\$4.50
Chicken & avocado (G)	\$5.00
Chicken lettuce & mayo (G,)	\$4.50
Tuna & Salad (G,)	\$5.00

*(All of the above available on a wrap for extra \$2.00)*

## Salad tubs



Greek (G, GF) <i>with tomato, onion, cucumber, capsicum, olives &amp; feta</i>	\$6.50
Tuna (G, GF) <i>tuna, lettuce, tomato cucumber, red onion &amp; egg.</i>	\$6.50
Chicken	\$7.00
Lettuce, tomato, cucumber, & avocado	
Caesar (G)	\$6.50
Cos lettuce, bacon, egg parmesan cheese & croutons. <i>(Add \$1 for Chicken)</i>	
Garden salad (G, GF) Lettuce, tomato, cucumber & carrot.	\$5.50
Snack box (G) <i>homemade dip, cheese &amp; crackers, cherry tomatoes, carrot &amp; celery sticks</i>	\$4.00

## Beverages



### ---Water (G)---

Spring water 600ml (G)	\$2.50
Pump water 700ml (G)	\$4.50
Schweppes varieties. (A) Cans	\$2.50
Bottles	\$4.50
Variety of 100% Juice (G) 250ml	\$2.50

### Low fat milk (G)

Chocolate, strawberry, iced coffee	
300ml (G)	\$3.00
600ml (A)	\$4.00
Dares 500ml (A) espresso or mocha	\$4.50

## Something sweet



Banana bread (A)	\$3.50
Low fat mini muffins (A)	\$2.50

### ---Ice-cream---

Streets range of canteen approved ice-creams at recommended retail price (RRP)

