

# CANTEEN MENU

AWESOME MEAL DEAL

\$1.50 600ML BOTTLED WATER

OR \$1.50 CAN OR \$1.50 SLUSHIE

WITH ANY SALAD/SANDWICHES/WRAP OR HOT FOOD PURCHASE

## AVAILABLE EVERY DAY OF THE WEEK

### BREAKFAST

**Early Bird Special - \$4.50**  
Ham & cheese toastie, hash brown & FREE breakie OJ

- Raisin toast \$1.00
- Cheese toastie \$3.20
- Ham & cheese toastie \$3.50
- Hash browns \$1.50
- Bacon & egg wrap \$3.50  
with bbq sauce
- Assorted muffins \$3.20
- Fresh fruit salad \$4.00
- Up & Go \$3.00
- Milkshakes \$3.00

### BAKERY

- Beef pie \$3.00
- Chicken pie \$3.50
- Gourmet pie \$4.00
- Sausage roll \$3.40
- Flaky cheese & spinach roll \$3.50
- Quiche **PO** \$4.00
- Potato pie **T2 T3** \$4.00

### HOT DOG STAND

- Aussie Dog Tomato/bbq sauce \$3.00
- American Dog \$3.30  
Tomato sauce & mustard
- Hot Chilli Dog \$3.80  
Chilli sauce & cheese

### FIT & FAST SALAD **PO**

Add your own FREE salad dressing: Classic, Italian, Ceasar, Spicy Asian or Creamy Mayo.

- Fruit salad \$4.00  
Seasonal diced fruit
- Mixed Garden Salad \$4.50  
Mixed lettuce, tomato, cucumber & carrot
- Chicken Caesar salad \$5.00  
Lettuce, diced chicken breast, bacon & cheese
- Chicken Garden Salad **1 T2** \$5.00  
Mixed lettuce, tomato, cucumber, carrot, corn, onion & diced chicken breast
- Asian Noodle Salad **T1 T4** \$5.00  
Vermicelli asian noodles, diced chicken breast, carrot and salad greens

### TOP 10 SANDWICHES/WRAP **PO**

	S	W
1 Chicken, lettuce & mayo	\$4.00	\$4.50
2 Ham & cheese	\$3.50	\$4.00
3 Salad	\$4.00	\$4.50
4 Egg, lettuce & mayo	\$4.00	\$4.50
5 Ham, cheese & tomato	\$4.00	\$4.50
6 Tuna, lettuce & mayo	\$4.00	\$4.50
7 Ham & salad	\$4.50	\$5.00
8 Chicken & salad	\$4.50	\$5.00
9 Cheese & tomato	\$3.00	
10 Jam	\$2.00	
Gluten Free Bread	Extra \$1.00	

### DRINKS

- Water \$2.00
- Pump Sports Water \$3.50
- Flavoured milk - Sml \$2.60
- Flavoured milk - Lge \$3.60
- Milkshake \$3.00
- Up & Go \$3.00
- Poppa Juice \$1.80
- Bottle Juice \$3.50
- Diet Can \$2.20
- Diet Bottle \$3.80
- Ice tea \$4.00
- Hot chocolate \$2.00
- Slushie \$2.00
- Ice creams From \$1.00

## MONDAY

**MEXICAN OLE \$4.50 **V****  
Simply delicious!  
Spicy Nachos – corn chips, spicy salsa, sour cream & grated cheese

### CLASSICS

- Garlic bread \$2.00
- Pasta bolognese Med \$4.00
- Pasta bolognese Lge \$5.00
- Chicken burger \$4.50
- Cheese burger beef pattie, cheese & tomato sauce \$4.50
- Fish burger lettuce cheese & mayo **PO** \$4.50
- Wedges sour cream & sweet chilli sauce \$3.60
- Boneless pork riblet wrap with lettuce **PO** \$5.00
- Falafel wrap lettuce, onion, tomato, chilli sauce **PO** \$4.50

## TUESDAY

**PASTA**  
Med \$4.00 Lg \$5.00  
Mamma Mia's Classics

### CLASSICS

- Garlic bread \$2.00
- Noodles \$3.00
- Chicken burger \$4.50
- Fish burger lettuce cheese & mayo **PO** \$4.50
- Wedges sour cream & sweet chilli sauce \$3.60
- Falafel wrap lettuce, onion, tomato, chilli sauce **PO** \$4.50

## WEDNESDAY

**IT'S A WRAP!**  
Traditional favourites  
• Chicken mayo wrap \$4.50  
• Sweet chilli chicken wrap \$4.50

### CLASSICS

- Garlic bread \$2.00
- Sushi **T1 T4**
- Creamy chicken pasta Med \$4.00
- Creamy chicken pasta Lge \$5.00
- Chicken burger \$4.50
- Boneless pork riblet wrap with lettuce **PO** \$5.00
- Cheese burger beef pattie, cheese & tomato sauce \$4.50
- Fish burger lettuce cheese & mayo **PO** \$4.50
- Wedges sour cream & sweet chilli sauce \$3.60
- Falafel wrap lettuce, onion, tomato, chilli sauce **PO** \$4.50

## THURSDAY

**SOME LIKE IT HOT**  
No #1 Best Seller  
Butter chicken & steamed rice Lge \$5.00

### CLASSICS

- Garlic bread \$2.00
- Sushi **T1 T4**
- Pasta bolognese Med \$4.00
- Pasta bolognese Lge \$5.00
- Chicken burger \$4.50
- Boneless pork riblet wrap with lettuce **PO** \$5.00
- Cheese burger beef pattie, cheese & tomato sauce \$4.50
- Fish burger lettuce cheese & mayo **PO** \$4.50
- Wedges sour cream & sweet chilli sauce \$3.60
- Falafel wrap lettuce, onion, tomato, chilli sauce **PO** \$4.50

## FRIDAY

**ITALIAN FIESTA**  
Made fresh  
• Pizza BBQ chicken \$4.50  
• Pizza Margherita, cheese & tomato \$4.00

### CLASSICS

- Garlic bread \$2.00
- Sushi **T1 T4**
- Lasagna Lge \$4.50
- Chicken burger \$4.50
- Boneless pork riblet wrap with lettuce **PO** \$5.00
- Cheese burger beef pattie, cheese & tomato sauce \$4.50
- Fish burger lettuce cheese & mayo **PO** \$4.50
- Wedges sour cream & sweet chilli sauce \$3.60
- Falafel wrap lettuce, onion, tomato, chilli sauce **PO** \$4.50