

# CANTEEN MENU

## BREAKFAST

<b>BACON ROLL</b>	<b>\$4.00</b>
<b>EGG ROLL</b>	<b>\$4.00</b>
<b>BACON &amp; EGG ROLL OR WRAP</b>	<b>\$4.50</b>
<b>BREAKFAST MEAL DEAL</b> EGG & BACON ROLL OR WRAP & A SMALL FLAVOURED MILK	<b>\$6.50</b>
<b>TOASTED BANANA BREAD &amp; A SMALL FLAVOURED MILK</b>	<b>\$6.00</b>

## TOASTED SANDWICH

<b>CHEESE</b>	<b>\$3.50</b>
<b>HAM &amp; CHEESE</b>	<b>\$4.00</b>
<b>HAM, CHEESE &amp; TOMATO</b>	<b>\$4.50</b>

## COLD FOOD

<b>FRESH FRUIT SALAD</b>	<b>\$4.50</b>
<b>YOGHURT &amp; BERRIES</b>	<b>\$4.50</b>
<b>YOGHURT &amp; MUESLI</b>	<b>\$4.50</b>
<b>FRUIT</b> FRUIT AVAILABLE DAILY	<b>\$1.00</b>

## SANDWICH BAR

<b>CHICKEN</b> LETTUCE & MAYONNAISE	<b>\$4.50</b>
<b>CHEESE &amp; TOMATO</b> CHEESE & TOMATO	<b>\$4.00</b>
<b>SMOKED HAM</b> HAM, CHEESE & TOMATO	<b>\$4.50</b>
<b>CHICKEN SCHNITZEL</b> HOMMUS & TABOULI	<b>\$4.50</b>
<b>SALAD</b> LETTUCE, TOMATO, CUCUMBER BEETROOT, ONION & CARROT	<b>\$4.50</b>
<b>EGG</b> EGG, MAYO & LETTUCE	<b>\$4.00</b>
<b>FALAFEL</b> LETTUCE, TOMATO, CUCUMBER & HOMMUS	<b>\$4.50</b>
<b>TUNA</b> TUNA, MAYO, CUCUMBER & SPANISH ONION	<b>\$4.50</b>
<b>VEGETARIAN</b> GRILLED EGGPLANT, LETTUCE, SUNDRIED TOMATO & ROAST CAPSICUM	<b>\$4.50</b>
<b>BREADS</b> WHITE, WHOLEMEAL, MULTI-GRAIN WRAP OR ROLL	<b>EXTRA \$1.00</b>

**OUR FOOD IS FRESHLY MADE  
ON THE PREMISES**

## PASTA *All Made Fresh Daily*

<b>LASAGNA</b> HOME MADE BEEF HOME MADE VEGETARIAN	<b>\$6.50</b>
<b>PENNE BOSCAIOLA</b> HAM, MUSHROOM & CREAM SAUCE	<b>\$6.50</b>
<b>SPAGHETTI BOLOGNESE</b>	<b>\$6.50</b>

## PIZZA

<b>MARGARITA</b> CHEESE & TOMATO	<b>\$4.50</b>
<b>VEGETARIAN</b> OLIVES, EGGPLANT & ROAST CAPSICUM	<b>\$5.00</b>
<b>HAWAIIAN</b> HAM & PINEAPPLE	<b>\$5.00</b>
<b>BBQ CHICKEN</b> BBQ CHICKEN WITH ONION & CHEESE	<b>\$5.50</b>

## TURKISH HOT BREAD

<b>CHICKEN SCHNITZEL DELIGHT</b> CHICKEN SCHNITZEL, PESTO, ROAST CAPSICUM & CHEESE	<b>\$5.50</b>
<b>CHICKEN DELIGHT</b> ROAST CHICKEN, PESTO SUNDRIED TOMATOES & CHEESE	<b>\$5.50</b>
<b>MEDITERRANEAN DELIGHT</b> OLIVES, ARTICHOKE, ROAST CAPSICUM & FETA	<b>\$5.50</b>

<b>VEGETARIAN DELIGHT</b> EGGPLANT, SUNDRIED TOMATOES ROAST CAPSICUM & CHEESE	<b>\$5.50</b>
<b>HAM DELIGHT</b> SMOKED HAM, SUNDRIED TOMATOES & CHEESE	<b>\$5.50</b>
<b>CAESAR DELIGHT</b> CAESAR DRESSING, CHICKEN SCHNITZEL, CHEESE & BACON	<b>\$6.00</b>

## TURKISH COLD

<b>SCHNITZEL TABOULI</b> HOMMUS, CHICKEN SCHNITZEL & TABOULI	<b>\$6.00</b>
<b>SWEET CHILLI</b> SWEET CHILLI TENDERS, MAYO TOMATO, LETTUCE & CHEESE	<b>\$6.00</b>

 **total canteen solutions**

PLEASE BE ADVISED WE APPLY A SURCHARGE TO EFTPOS CARD TRANSACTIONS

# CANTEEN MENU

## WRAPS

**SINGLE \$4.50    DOUBLE \$6.50**

### SWEET CHILLI CHICKEN

CHICKEN, SALAD & CHEESE

### CHICKEN CAESAR

CHICKEN, BACON, CHEESE & CAESAR DRESSING

### FALAFEL

FALAFEL, HOMMUS, TABOULI, CUCUMBER & LETTUCE

### CHICKEN SCHNITZEL

CHICKEN SCHNITZEL, TABOULI, HOMMUS TOMATO & LETTUCE

### SUB ROLL

WITH CHICKEN SCHNITZEL, TABOULI LETTUCE, ROAST CAPSICUMS & CHEDDAR CHEESE

**\$6.00**

### HOMEMADE MEATBALL ROLL

GRILLED CHEESE & BOLOGNESE SAUCE

**\$6.00**

## HOT DISHES

**SPECIAL FRIED RICE \$5.50**

**BUTTER CHICKEN WITH RICE \$6.50**

**LEAN BEEF PIE \$4.50**

**LEAN SAUSAGE ROLL \$4.00**

**SPINACH & RICOTTA ROLL \$4.50**

**OVEN BAKED WEDGES** CUP \$4.50 TRAY \$5.50

## SALADS

### GREEK SALAD

TOMATO, CUCUMBER, ONION, CAPSICUM OLIVES & FETTA

**SML    LRG**

**\$5.00    \$6.00**

### CHICKEN PASTA SALAD

ONION, MAYO, CHICKEN, CARROT, RED PEPPER & PARSLEY

**\$5.00    \$6.00**

### TUNA PASTA SALAD

TUNA, CAPSICUM, ONION, CARROT PARSLEY & PASTA

**\$5.00    \$6.00**

### PESTO PASTA SALAD

PESTO, OLIVES, SUNDRIED TOMATOES & CARROT

**\$5.00    \$6.00**

### CHICKEN CAESAR

CHICKEN SCHNITZEL, COS LETTUCE CAESAR DRESSING, BACON & CROUTONS

**\$5.50    \$6.50**

### TABOULI SALAD

PARSLEY, TOMATO, WHEAT GERM & DRESSING

**\$5.00    \$6.00**

### THAI NOODLE SALAD

GRILLED CHICKEN, VERMICELLI NOODLE CUCUMBER, MINT, CORIANDER, CAPSICUM & CARROT

**\$5.50    \$6.50**

### EASTERN DELIGHT

TABOULI, HOMMUS, CHOICE OF SCHNITZEL OR FALAFEL WITH CRUNCHY PITA BREAD

**\$5.50    \$6.50**

## BURGERS

### GOURMET BURGER

FRESH BEEF, ONION, BBQ SAUCE, BEETROOT, TOMATO & LETTUCE

**\$6.00**

### CHICKEN CAESAR BURGER

GRILLED CHICKEN, CAESAR DRESSING BACON & COS LETTUCE

**\$6.00**

### CHEESE BURGER

FRESH BEEF PATTY, CHEESE, FRESH TOMATO & TOMATO SAUCE

**\$5.50**

### PERI PERI PORTUGUESE BURGER

CHICKEN BREAST, PERI PERI SAUCE & LETTUCE

**\$5.50**

### CHICKEN BURGER

FRESH CHICKEN PATTY, LETTUCE & MAYO

**\$5.50**

### CHICKEN AIOLI BURGER

GRILLED CHICKEN, LETTUCE & AIOLI

**\$5.50**

## DRINKS

### WATER

500ML WATER

**\$2.50**

### JUICE 500ML

ORANGE, MANGO & PASSION FRUIT

**\$4.80**

## FLAVOURED MILKS

### 300ML

CHOCOLATE, STRAWBERRY

**\$2.80**

### 500ML

CHOCOLATE, STRAWBERRY

**\$4.50**

### ICE BREAK 500ML

**\$4.80**

### FLAVOURED MILK SHAKES

CHOCOLATE, STRAWBERRY, VANILLA & CARAMEL

**\$4.80**

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