

Canteen Menu

COLD FOOD / SALADS

<u>Rice Paper Wraps (x2)</u> (chicken, Tuna, Vegetarian)	\$6.00
<u>Salad Box</u> (tomato cucumber, lettuce, carrot, lite dressing)	\$6.00
<u>Greek Salad</u> (Tomato, lettuce, cucumber, feta, olives, dressing)	\$6.00
<u>Caesar Salad (classic or chicken)</u>	\$6.50
<u>**Fully Tabbouleh</u> (parsley, tomato, onion, cucumber, soft burghul)	\$6.50
<u>**Mediterranean Antipasto Bean Salad</u>	\$6.00
<u>**Quinoa and mixed Veg Salad</u>	\$6.00

Note: **Salad will be placed on rotated weekly menu.

HOT FOOD

Bolognese Twister	\$5.00 (PO)
Ravioli, Tortellini, Gnocchi (in Napolitana sauce)	\$3.50 (HS)
Chicken Fillet Burger (Salad, Avo, LiteMayo)	\$5.50 (PO)
Chicken Skewers	\$3.00
Fish Burger (cheese, lettuce, Lite tarte)	\$5.00
Beef Burgers (salad, beetroot, onion cheese)	\$5.50
Minute Steak (Salad & grilled onion)	\$5.50 (PO)
Moroccan Mince (beef, vegetables, quinoa)	\$5.50 (PO)
Veg Stir Fry (noodles or rice)	\$5.50
Veg & meat Stir Fry (noodles or Rice)	\$5.50
Fried Rice (vegetarian or with meat)	\$5.50
Low Fat Pie (pre-made) various flavours	\$4.50
Low Fat Sausage Roll (pre-made)	\$4.00
Pasties	\$3.50

Note:

Ravioli, Tortellini, Gnocchi is on a daily rotational basis
All pasta sauces, burgers, stir fry are made in-house

SANDWICHES/WRAPPS

Note: All Sandwiches made on wholemeal bread with no butter
White, multigrain, gluten free available upon request
Bread roll is an extra \$1.00

Egg, Lettuce, Mayo or Curried Egg	\$4.00
Tuna with Lettuce, Mayo or Salsa	\$4.50
Cheese with Salad	\$4.50
Cheese and Tomato	\$4.00
Lite meats (e.g. roast beef, ham, chicken with salad & cheese)	\$5.00
Gourmet Sandwiches (varied each day)	\$5.00-\$6.00
Chicken kebab on roll (lettuce, mayo)	\$5.00
Chicken Schnitzel	\$5.50 (PO)
Wraps (Lebanese bread)	
Sweet Chili Chicken tenders (lettuce, LiteMayo)	\$5.50
Salad (+cheese, avo, & other seasonal veg)	\$5.50
Moroccan Mince Wrap (lettuce, labna)	\$5.50 (PO)
Mediterranean Beef Wrap (salad, tzatziki, cheese)	\$6.00 (PO)

SNACKS

Snack attack (veg sticks, hummus, cheese, cracker)	\$4.00
Air popped, popcorn	\$1.00
Fruit	\$1.00 - \$1.50
Fruit Salad	\$3.50
Fruit Salad (small) topped with yogurt	\$4.50
Yogurt Cups (plain, berry or muesli)	\$4.00
Jelly, custard or mixed combo Cup	\$2.50
Muffins (medium)	\$2.00
Cheese Toasties	\$2.00
Spinach & ricotta pillows	\$1.50
Mini sausage puffs	\$1.50
Pizza subs (Margarita)	\$2.50
Cheese & Bacon Roll	\$3.00

Note:

"Salad" on burgers, sandwiches consists of lettuce, tomato, cucumber

Key: PO = Pre-Order Only (item must be ordered in the morning)
HS = Half Serve
FS = Full Serve



BREAKFAST

Cereal with milk	\$3.50
Bacon & Egg Roll	\$4.50
Bacon, Egg, Cheese Muffin	\$4.00
Skinny Eggs Benedict (ham)	\$5.00
Skinny Eggs Benedict (salmon)	\$6.50
Raison Toast	\$3.50
Cheese & Bacon Roll	\$3.00

DRINKS

Water	\$2.20
Water, sparkling	\$2.50
Milk	\$2.50
Flavoured Milk (300ml)	\$2.50
Flavoured Milk (600ml)	\$3.50
Up & Go	\$2.50
100% Juice	\$2.50 - \$3.50
Iced Tea	\$3.80

FROZEN EATS

Various ice creams (fat reduced/portioned)	\$1.50 - \$2.50
Frozen Yogurts	\$2.50 - \$3.50
Ice block (100% fruit)	\$1.00 - \$2.00

Other

Additional Tomato sauce portions \$0.50
Additional cutlery sets \$0.50

Daily Special



BURGER / SLIDER

\$5.50

PASTA

Half serve \$3.50 Full serve \$5.50

OTHER

\$5.50

MONDAY

Terrific Turkey Burger

lettuce, tomato, cucumber, lite mayo, cranberry

Beef Lasagne

Pasta sheets layered with lean beef in napolitana sauce, cheese and topped with béchamel sauce.

Crustless Vegetable Slice

Seasonal vegetable, cheese and egg

Pizza

Margarita, Meat Lovers, Ham & Pineapple

TUESDAY

Porky Pig Slider

pulled pork on a of bed of lettuce, coleslaw & tomato lite secret mayo sauce

Pesto Pasta

Penne pasta mixed in fragrant basil pesto topped with parmesan

Chicken Teriyaki

With noodles or rice and packed with vegetables.

WEDNESDAY

Thai-tanic Chicken Burger

seasonal salads, cucumber with asian dressing

Meatballs and Spaghetti

Beef meatballs cooked in a tomato-based sauce

Sushi Surprise

Chicken, Tuna, vegetarian

THURSDAY

Lamb Slam Kofta Burger

with lettuce, tomato, cucumber or tabbouleh, dressed in cacik / saffron yogourt or hummus

Fettucine Carbonara

Flavoursome sauce filled with sautéed onions, bacon or chicken

Butter Chicken

Served with vegetable packed jasmine rice

FRIDAY

Spiced Portuguese Chicken Burger

with lettuce, sweet chili, lite mayo

Mac and Cheese

Elbow pasta covered in a skinny but rich cheese sauce packed with vegetables

Beef Nachos

Topped with salsa, yogurt and avocado

*Please check board for other daily specials

