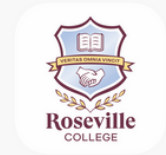


TERM 4 CANTEEN MENU



DAILY DEALS



MONDAY



MEATBALL MONDAY \$8.00

Italian style meatballs in a tomato sugo.
Served on a sub roll with melted mozzarella
OPTION TO ADD HASHBROWNS (2) +\$2.50

TUESDAY



'CHEEZY' TUESDAY \$8.90

Golden baked arancini with four
cheeses served with cowboy
style rice salad VEG

WEDNESDAY

WACKY PIZZA WEDNESDAY

Pizza Square + Garlic Bread \$8.50
2 X Pizza Squares \$9.50
Single Pizza Square \$5.50 JUNIOR ONLY

OPTIONS DOUBLE CHEEZY MARGHERITA | VEG
FAB FARMHOUSE | HAPPY HAWAIIAN

MAKE IT A MEAL DEAL! SENIOR ONLY

ADD LUCKY DIP JUICE BOMB \$3.50



THURSDAY

BORN IN THE USA BURGER \$9.90

Classic beef pattie with lettuce,
tomato, mayo + American cheddar
served with sweet chilli sour cream crisps

OPTIONAL ASIAN INSPIRED TOFU BURGER VEG \$8.90

BEST BURGER EVER ONLY \$8.50

FRIDAY



MEXICAN MADNESS \$8.50

Tex mex nachos with crunchy corn chips,
pico de gallo, grated cheese, guacamole
+ sour cream

OPTIONAL CHILLI CON CARNE OR VEGIE BEAN VEG | GF

ADD Lemonade Icy Pop + \$2.50

AVAILABLE EVERY THURSDAY + FRIDAY

BENTO LUNCH BAG



Choose your Onigiri

- Teriyaki chicken
- Tofu Kimchi
- Tuna Mayo

\$9.50

SERVED WITH SEA SALT PRETZELS + BERRY JELLY CUP

ADD LUCKY DIP JUICE CUP +\$2.00



\$9.90

MELLOW YELLOW
SPECIAL

- CHEEZY MITE SCROLL
- HAPPY VIBES OREO KISS
- OLD SCHOOL LEMONADE

EVERYDAY LUNCHTIME

BABY PASTA BOLOGNASIE \$6.00
 TWISTA PASTA BOLOGNASIE \$8.50
BEST DEAL BOLOGNASIE + GARLIC BREAD \$9.90
 WITH HIDDEN VEG + PARMESAN
 OPTIONS BEEF | VEGGIE | GLUTEN FREE | DAIRY FREE

BABY BUTTER CHICKEN + RICE **GF** \$6.00
 BUTTER CHICKEN + RICE **GF** \$8.50

BEST DEAL BUTTER CHICKEN + NAAN BREAD \$9.90

NEW EASY CHEEZY POTATO BAKE BOWL **VEG** \$7.00
 WITH OPTION TO ADD CRISPY BACON (12OZ) +\$1.50

JUNIOR ONLY SPECIALS

SIMPLE PASTA BOWL \$4.00

Add Napolitano sauce +\$1.00
Add grated mozzarella \$1.00
Add beef or veggie bolognaise +\$2.00

SIMPLE RICE BOWL \$4.00

SENIOR ONLY SPECIALS

SENSATIONAL SUMMER TOASTIE \$8.50

BEST DEAL CRISPY CHICKEN, RANCH MAYO, AVO,
 ROCKET, MELTED CHEESE ON TURKISH
 WITH SEA SALT POTATO CRISPS \$9.90

SUSHI TIME

NORI HAND ROLL **Senior** \$5.70

BABY SUSHI **Junior** \$5.50
 with soya sauce

Options teriyaki chicken | tuna mayo **GF** |
 chicken katsu | avocado | **GF** | **VEG**

SUSHI VALUE DEAL FROM \$8.90

- Sushi Roll or Baby Sushi
- Oriental Rice Crackers or Sea Salt Popcorn
- Lucky Dip Cookie
- Option to add juice cup +\$2.00

MIND MUNCHIES

WHOLE FRUIT \$1.50
 COBS POPCORN **GF** | **VEG** | **DF** \$2.20

CRISPY FREEZE DRIED FRUIT **GF** | **VEG** | **DF** \$3.50
 Options mango | pineapple | strawberry

CHERRY RIPE ENERGY BALL **GF** | **VEG** | **DF** \$3.50
 YOGURT POT \$4.50

Options wild berry crumble | honeycomb pie
 strawberry milo disco | wild'n' tropo

MELON IS MAGIC FRUIT PLATE \$4.00

ADD MORE ABRACADABRA!

berries | orange wedges | apple slices +0.50c
 yogurt frogs (2) | honeycomb squares (2)
 marshmallows (3) +\$1.00

CRACKERS 'N' CHEESE PLATE \$4.00

Choose from jatz | rice crackers | corn chips
Add tasty cheese | cream cheese
Add cucumber circles | cherry tomato +0.50c

CRUNCH 'N' MUNCH PLATE \$4.00

Choose from carrot stick | cucumber sticks **Add**
 hummus | guac | cream cheese +0.50c
Add salted pretzels +\$1.00

THE MORNING MELONATOR FROM \$3.50

NEW SUPER STARTER YOGURT CUP \$6.50
 with granola, loaded berries, + passionfruit

HOT PASTRIES & SNACKS

BABY BEEF PIE \$2.60

SNACK SAUSAGE ROLL \$2.60

SPINACH CHEESE PASTIZZI (2) **VEG** \$4.40

PLANT BASED CHICKEN NUGGETS (4) **VEG** \$5.20

CHICKEN DRUMMIES (3) \$5.20

GARLIC BAGUETTE **VEG** \$3.20

HASHBROWNS (2) **VEG** (COUNTER ONLY) \$3.00

SAUSAGE ROLL \$6.90

SPINACH CHEESE ROLLS **VEG** \$6.90

HUNGRY HUNGRY HIPPO **VEG** \$8.00

- Plant Based Chicken Nuggets (4)
- Garlic Bread

ADD TOMATO OR BBQ SAUCE +.30C

BAGELS & WRAPS



BURSTING BLUEBERRY BAGEL \$5.00
Add cream cheese +\$1.00

CHEEZY BAGELS + CIABATTA ROLLS
CHOOSE FROM SENIOR ONLY FROM \$7.50

Super Salad Cream cheese, avocado, lettuce + tomato
Italian Chicken sundried tomato, + mixed leaf
Hello Ham, cheddar, tomato + mayo (counter only)

IT'S A WRAP FROM \$7.90

CHOOSE FROM
Falafel, tomato, hummus + mixed market salad
Italian chicken, sundried tom, mozzarella & mixed leaf
Chicken schnitzel, mozzarella, ranch dressing + lettuce

SIMPLE SANDWICH



CHOOSE FROM FROM \$4.00
WHOLEMEAL | HI FIBRE WHITE | GF +\$1.00 JUNIOR ONLY

BUTTER & VEGEMITE

JUST CHEESE

HAPPY HAM

HAM + TASTY CHEESE

TOASTIE TIME



CHOOSE FROM FROM \$4.00
WHOLEMEAL | HI FIBRE WHITE |
SOURDOUGH | TURKISH | GF +\$1.00

CHEESE + VEGEMITE

TASTY CHEESE + TOMATO

HAM + TASTY CHEESE

TOO CHEEZY

HAM, CHEESE + TOMATO

I'M A TERRIFIC TOASTIE FROM \$7.50

CHOOSE FROM
WHOLEMEAL | WHITE | GF +\$1.00

- Ham + Cheese
- Two Cheezy

with corntoes or noodles snacks



SUPER SALADS



GOODNESS ME BOWL GF | VEG FROM \$6.00

with green goddess dressing
Mixed leaf, tomatoes, cucumber & carrot

Add avocado VEG +\$1.60

Add falafel bites or tofu GF +\$1.80

Add poached chicken +\$2.00

Add crispy chicken schnitzel +\$2.50

SOBA NOODLE BOWL FROM \$6.00

with sesame dressing
Japanese style soba noodles, diced cucumber,
shredded carrot & fried onions

Add Asian inspired tofu VEG +\$1.50

Add Crispy Chicken Schnitzel +\$2.50

PESTO ME PASTA BOWL \$7.00

with nut free pesto mayo, mozzarella
twista pasta, cherry tomato, basil,

Add poached chicken +\$2.00

Add crispy chicken +\$2.50

Add falafel bites GF +\$1.80

IT'S POKE TIME \$7.50

packed with protein and pure genius this bowl
will keep your mind and body powering on.

Medley of diced rainbow veggies with
chickpeas, feta, rice and quinoa.

Add poached chicken +\$2.00



SUNBURST SUPER BOWL \$8.90

Loaded with all seasonal greens + extra
goodness with all 3 ideal proteins ...

- chicken
- bacon
- cheese



OPTION TO ADD CHERRY RIPE ENERGY BALL +\$3.00

THE POWER RANGER - SUPER SALADS 'TO GO'

ALL YOUR FAVOURITE SALAD COMBINATION IN
GRAB'N'GO STYLE CUP! GOODNESS TO GO!

IT'S TOO COOL FOR SCHOOL! FROM \$6.90

See our daily display for more details



SOMETIMES SNACKS

EUCALYPTUS DROPS	\$1.80
FRUITY GEMS	\$2.20
YOGURT FROGS	\$2.20
OVALTEENIES	\$2.20
MILO ENERGY BAR	\$2.50
SNAPS BBQ VEGGIE CRISPS GF	\$2.80
SMITHS SALT + VINEGAR	\$2.50
RED ROCK DELI CHIPS	\$2.50
CHICKEN NOODLE STICKS	\$2.20
ORIENTAL RICE CRACKERS	\$2.20
CORNTOS	\$2.20

RISE 'N' SHINE

TOAST (1) \$3.00

Choose from sourdough, raisin or 'Out of the oven' Ciabatta roll **+.50c**
Add berry jam, vegemite, honey
Add cream cheese, avocado **+\$1.60**

FRESHLY BAKED CROISSANT \$4.00

Add honey, berry jam **+.50c**
Add cheese **+\$1.50**
Add ham & cheese **+\$1.80**

PAIN AU CHOCOLAT \$4.00

SCHOOL SUNRISE BREKKIE MUFFIN \$5.50

Traditional English muffin with 'crispy bacon, egg + sauce
Add oven-baked hashbrown **+\$1.50**
Add cheese **+\$1.00**
 (SUBJECT TO AVAILABILITY)

SUNRISE BREKKIE SPECIAL COUNTER ONLY

Traditional English muffin with 'crispy bacon, egg + melted cheese **\$9.90**
Add oven-baked hashbrown

INCLUDES HOT DRINK 

FROM THE BAKERY

COOKIES FROM \$3.00

Gingerbread circles
 Classic choc chip
 Red velvet
 Oreo kiss **SPECIAL DAYS**

'MUFFIN MANIA FROM \$4.00

Apple & forest berry
 Milky choc chip milo
 Banana & coconut (2) **GF**
 Raspberry + white choc

WARM FRUIT LOAVES FROM \$5.00

Served warm with butter
 Banana
 Banana choc chip

SWEET BITES \$2.20

Marble brownie **GF**
 Mars bar caramel

IT'S FINGER BUN FRIYAY \$5.00

FAIRY BREAD **FINGER BUN +**
 MAGIC APPLE JUICE CUP

FUN DAY

CHILL OUT TIME

SLUSHIE CUP \$3.00

See canteen for this weeks flavour

JUICY TUBES **GF DF** \$3.00

lemonade | wildberry | tropical

TWISTED FROYOS **GF** \$4.20

choc vanilla | vanilla strawberry |
 mango watermelon | caramel vanilla

PURE POPS FROM \$3.50

choc shake | mango banana |
 strawberry mint | vanilla rhubarb

FRIYAY SPECIAL \$3.00

RAINBOW ICE CREAM CUPS & CONES

(SUBJECT TO AVAILABILITY)

COMING SOON

ACAI SOFT SERVE



\$6.00

LET'S TALK DRINKS – COLD



JUST JUICE BOX \$2.80
paradise punch | apple & blackcurrant

EAST COAST JUICE BOTTLE \$3.80
apple | OJ | lemonade | pineapple

JUICE BOMB SODA CAN \$3.80
apple raspberry | grape | watermelon



T2 TOOTY FRUITY ICE TEA \$4.50

NIPPY'S MILK BOX 250ML \$3.80
chocolate | strawberry | honeycomb

GENKI FOREST FIZZY WATER \$4.00

NU PURE STILL WATER \$3.00

MILKSHAKE IT! \$5.00

Mr Wolf Choc | Very Vanilla
Caramel is King

DRINKS OVER ICE \$5.00

latte | vanilla chai | mocha | chocolate
Add oat or soy milk **+.50c**

WELL BEING SMOOTHIES \$6.00

mad mango | berry me
(SUBJECT TO AVAILABILITY)

LET'S TALK DRINKS – HOT



BARISTA MADE COFFEE \$4.00

AVAILABLE IN REGULAR (8OZ) + LARGE (12OZ)

- cappuccino |
- flat white |
- latte | |
- long balck
- piccolo |
- chai latte
- milky milo
- creamy hot chocolate
- mighty mocha

SOOTHING TEAS

- English breakfast
- lemon & ginger
- peppermint
- green
- earl grey

Add oat or soy milk **+.50c**

Add vanilla | caramel | decaf | extra shot **+.50c**

BYO KEEP CUP = 30C DISCOUNT

HAPPY CUSTOMER CARD



**BUY 9 HOT DRINKS TO
RECEIVE #10 FREE**



CELEBRATING A BIRTHDAY?

**ORDER ONLINE FROM OUR
CANTEEN BIRTHDAY SERVICE**

