



WE PROVIDE QUALITY FOOD CHOICES PREPARED FRESH DAILY IN OUR "CANTEEN FRESH' KITCHEN.  
WE ALSO FOLLOW "THE HEALTHY SCHOOL CANTEEN STRATEGY. "HEALTHY KIDS MAKE HEALTHY CHOICES.  
USING ONLY QUALITY INGREDIENTS FROM FRESH AUSTRALIAN PRODUCE. OUR CANTEEN IS NUT AND SESAME FREE,  
AND OUR MENU DESIGNED TO KEEP OUR KIDS AT THEIR HAPPY HEALTHIEST BEST.  
OUR SPECIALLY DESIGNED MENU WILL CHANGE SEASONALLY.

## ALL DAY SNACKS

Crunchy Carrot /Cucumber Cup	\$2
Add Hommus	\$1
Seasonal Fruit Salad Cups	\$2
	\$3
Vaalia Yoghurt 160g	\$2.50
French Vanilla	
Yoghurt Pouches 70g	\$2
Vanilla	
Fruit Muffin	\$2.50
Hummus and Crackers	\$3
Popcorn	\$1.50
Sultanas	\$1.50
Pretzels	\$1
SNAPS (GF)	\$2
Light & Tangy Salsa	
Oregano & Thyme	
Smokey BBQ	
Seaweed	\$2
100% Apple Chips	\$2.50
Banana Bread	\$2.50
Honey Bread Rainbow cookie	\$1.00
Honey Bread Babies	\$1.00
NutriGrain cups	\$1.00

## SANDWICHES, ROLLS AND WRAPS

Our sandwiches are made on fresh wholemeal bread. (WHITE ON REQUEST)

On Rolls, Wraps or Gluten Free add	\$1
Toasted add	50c
Vegemite	\$2.50
Organic Honey	\$2.50
Cheese	\$3

### ONE FILLING SANDWICH

#### PICK YOUR PROTEIN all \$3.50

Lean Ham  
(Gluten free, no artificial flavours)

Shredded Chicken  
(Gluten free, preservative free)

Tuna	
Egg	
Crunchy Salad	
add EXTRA FILLINGS	50c
Carrot	
Cucumber	
Tomato	
Lettuce	
Rainbow Salad	
Cheese	
added AVOCADO	\$1

## SUSHI

100% GLUTEN FREE, DAIRY FREE & ENDORSED  
BY COELIAC AUSTRALIA, CONTAINS NO ARTIFICIAL  
FLAVOURS, PRESERVATIVES OR COLOURS

SUSHI HAND ROLLS	\$4.00
Tuna	
Avocado	
Cucumber	
Teryaki Chicken Cucumber	
Tuna Cucumber	
Veggie (V) Tofu, Carrot, Cucumber	
Salmon, Avocado, Cucumber	
Chicken Schnitzel, Cucumber	
MUNCH-BOX (8 small pieces)	\$5.50
Tuna	
Cucumber	
Avocado	
Combo Teryaki Chicken & Tuna	
RICE PAPER ROLL	\$4
Chicken	
Veggie	

### SUMMER SALAD \$6.50

VIETNAMESE CHICKEN SALAD  
Chicken Breast, Spanish Onion, Cucumber,  
Carrots, Cabbage, Celery, Rice Noodles, Lem-  
on-grass, Coriander, Mint, Soy/Vinegar  
dressing

## HOT OPTIONS

Lean Beef Burger	\$5.00
(Homemade, hormone free beef served with rainbow salad, optional tomato sauce)	
Grilled Chicken Burger	\$5.00
(Hormone free chicken served with crunchy rainbow salad, optional mayo)	
Toasted Falafel Wrap	\$5.00
(with Rainbow Salad, Hummus)	
GLUTEN FREE BREAD add	\$1
add CHEESE	50c

### GOLD MEDAL AWARD WINNING PIES AND ROLLS

USES ONLY INGREDIENTS FROM FRESH AUSTRALIAN PRODUCE (SAUCE OPTIONAL)	
Lean Beef Pie	\$5
Gluten Free Beef Pie	\$6.50
Beef Sausage Roll	\$4.50
Spinach and Cheese roll	\$5.00
Petite Beef Pie & Sausage roll set	\$6.00

### Penne Pasta with ...

Homemade Napolitano Sauce	\$5
Homemade Bolognese	\$6
(GLUTEN FREE PASTA AVAILABLE) ADD	\$1

Margarita Pizza	\$4.50
(homemade sauce, Light Cheese)	

## CRUNCHY SALAD BOXES

Start with ....

A rainbow salad of lettuce,  
red cabbage, cucumber, tomato,  
shredded carrot. \$5.00

Make it delicious ... \$1

add your favourite protein

Shredded chicken

Tuna

Ham

Egg (whole boiled)

Meatballs

Falafel

Add a yummy topping ...

Cheese 50c

Hummus \$1

Avocado salsa \$1

Flatbread \$1

(BALSAMIC DRESSING OR MAYO OPTIONAL)

## FROZEN

Twisted Frozen Yoghurt 120ml \$3

Chocolate/vanilla bean

Strawberry/vanilla bean

Watermelon/mango

Raspberry/coconut

Frozen Apple Cup \$2

Frozen Apple/Blackcurrant cup

Juicies Iceblock 100 ml \$1

100 % FRUIT & PRESERVATIVE FREE

Apple

Apple/ Blackcurrant

Tropical

Wild-berry

Juicies Frozen Juicebar \$2.00

Tropical or Lemonade

Frozen Orange Wedges \$0.50

## DRINKS

100% Orange Juice \$3.00

Apple Juice

Country Style Lemonade

Plain Milk 300 ml \$2.50

Flavoured Milk 300 ml \$2.50

Strawberry or Chocolate

Flavoured Straws \$1

Water \$2

Alkaline Water \$3

Coconut Water \$4

San Pellegrino Mineral Water \$3

Sparkling Lemonade Springwater \$3

Chill Aloe \$3

Original, Lychee or Peach

Nudie Juices \$2

(NOTHING BUT JUICE)

Apple, Orange or Tropical

\*special dietary requirements available upon request\*