

SALADS

EVERYDAY

WATERMELON (E) WATERMELON CHUNKS	REG \$ 3.0	LGE \$ 4.0
FRUIT (E) FRESH SEASONAL FRUITS	\$ 3.0	\$ 4.5
GARDEN (E) LETTUCE, TOMATO, CAPSICUM, CARROT, ONION, BEETROOT	\$ 3.0	\$ 4.5
SWEET CHILLI CHICKEN (O) TENDERS, LETTUCE, TOMATO, CHEESE	\$ 3.5	\$ 5.5
TANDOORI CHICKEN (E) CUCUMBER, COS LETTUCE, TOMATO	\$ 3.5	\$ 5.5
CHICKEN CAESAR (O) COS LETTUCE, EGG, BACON, CROUTONS, CHEESE	\$ 5.8	

TUESDAY

POTATO (E) POTATO, RED ONION, CORIANDER, MAYO	\$ 3.5	\$ 5.8
VIETNAMESE NOODLES (E) CHICKEN, CARROT, RED ONION, HERBS	\$ 3.5	\$ 5.8

WEDNESDAY

CHICKEN PASTA (E) CHICKEN BREAST, CARROT, CAPSICUM, RED ONION	\$ 3.5	\$ 5.5
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THURSDAY

SUNDRIED TOMATO & PESTO PASTA (E) CARROT, RED ONION	\$ 3.5	\$ 5.5
FALAFEL (E) FALAFELS, LETTUCE, TOMATO, HUMMUS	\$ 3.5	\$ 5.8

ALL SALADS ARE AVAILABLE EVERYDAY IF YOU PRE ORDER BEFORE 9AM

SANDWICHES

SELECT : WHITE, WHOLEMEAL, GRAIN, GLUTEN FREE

EGG & LETTUCE (E)	\$ 3.5
SALAD (E) LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT	\$ 3.5
CHEESE & TOMATO (E)	\$ 3.5
CHICKEN, LETTUCE & MAYO (E) CHICKEN BREAST	\$ 3.5
HAM & CHEESE (E)	\$ 3.5
HAM, CHEESE & TOMATO (E)	\$ 3.5
CHICKEN, CHEESE & TOMATO (E)	\$ 3.5
SWEET CHILLI CHICKEN (O) LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 4.0
TUNA (E) LETTUCE, MAYO	\$ 4.0
HAM SALAD (E) LETTUCE, TOMATO, CARROT, CUCUMBER, CARROT	\$ 4.0
TANDOORI CHICKEN (E) CUCUMBER, LETTUCE	\$ 4.0

WRAPS

SALAD (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	SGL \$ 3.0	DBL \$ 4.5
CHICKEN, LETTUCE & MAYO (E) CHICKEN BREAST, CHEESE	\$ 3.0	\$ 5.0
SWEET CHILLI CHICKEN (O) LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 3.0	\$ 5.0
LEG HAM (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	\$ 3.0	\$ 5.0
TANDOORI CHICKEN (E) CUCUMBER, LETTUCE, CHEESE, GREEK YOGHURT	\$ 3.5	\$ 5.5
CHICKEN CAESAR (O) COS, EGG, BACON, CHEESE, DRESSING	\$ 3.5	\$ 5.5
FALAFEL (E) FALAFELS, LETTUCE, TOMATO, HUMMUS	\$ 3.5	\$ 5.5

IF YOU WANT SOME VARIETY - CHOOSE ANY 2 SINGLES FOR \$ 6.0

CRUNCHY ROLL

SALAD (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION, AVOCADO	\$ 5.0
PERI PERI CHICKEN (E) CHICKEN BREAST FILLET, LETTUCE, PERI PERI SAUCE	\$ 5.0
SWEET CHILLI CHICKEN (O) TENDERS, LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 5.0
HAM (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, ONION, AVOCADO	\$ 5.0
HOT N SPICY FILLET (E) SPICY CHICKEN BREAST, LETTUCE, MAYO	\$ 5.0
CHICKEN, LETTUCE & MAYO (E) CHICKEN BREAST, CHEESE, TOMATO	\$ 5.0

\$1.5

EVERYDAY FRESH DEAL

GRAB A \$1.5 WATER
WHEN YOU BUY ANYTHING
FROM THE GREEN SECTIONS

healthy canteens menu



BREAKFAST

SEASONAL FRUIT PIECES (E)	\$ 1.0
YOGHURT (E)	\$ 3.5
WATERMELON SALAD (E)	\$ 4.0
FRUIT SALAD (E)	\$ 4.5
HOMEMADE MUFFIN (O)	\$ 3.0
BANANA BREAD (O)	\$ 3.5
HASH BROWN (O)	\$ 1.0
EGG & CHEESE ROLL (E)	\$ 3.0
HAM ROLL (E)	\$ 3.5
BACON & EGG ROLL (O)	\$ 4.0
CHEESE WRAP (E) TOASTED	\$ 3.0
HAM & CHEESE WRAP (E) TOASTED	\$ 3.5

BREAKFAST MEAL DEAL

CHOOSE 1 EVERYDAY (E) ITEM



OAK MILK 300ML OR
WATER 600ML

\$5

HOT BITES

SPICY CHICKEN WINGS (E) EACH	x5 FOR \$ 5	\$ 1.2
GARLIC BREAD LOAF (O)		\$ 2.5
ASIAN CHICKEN & SWEET CORN SOUP (E)		\$ 3.0
CUP OF NOODLES (O)		\$ 3.0
CHICKEN BREAST NUGGETS x 5 (O)		\$ 3.0
SAUSAGE ROLL (O)		\$ 3.0
MEAT PIE (O)		\$ 3.5
SPINACH & RICOTTA ROLL (O)		\$ 4.2
POTATO PIE (O) POTATO & BEEF		\$ 4.5
OVEN BAKED POTATO WEDGES CUP (O)		\$ 3.5

TOASTED WRAPS

BBQ CHICKEN (E) CHICKEN BREAST, CHEESE, BBQ SAUCE	\$ 4.8
SWEET CHILLI (E) CHICKEN BREAST, CHEESE, SWEET CHILLI SAUCE	\$ 4.8

BURGERS

CHEESE BURGER (E) PREMIUM BEEF, CHEESE, TOMATO SAUCE	\$ 4.8
AUSSIE BURGER (E) PREMIUM BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE	\$ 4.8
CHICKEN FILLET BURGER (E) NATURAL BREAST FILLET, LETTUCE, MAYO	\$ 5.0
HOT N SPICY CHICKEN BURGER (E) HOT N SPICY BREAST FILLET, LETTUCE, MAYO	\$ 5.0
CHICKEN & CHEESE BURGER (E) NATURAL BREAST FILLET, BBQ MAYO SAUCE	\$ 5.0
EXTRA CHICKEN FILLET (E) ADD AN EXTRA FILLET TO YOUR BURGER	\$ 2.0

OUR NATURAL BREAST CHICKEN FILLETS ARE MARINATED IN GARLIC & HERBS

DRINKS

WATER (E) 600ML	\$ 2.0
POPPER JUICE 250ML (E) APPLE, ORANGE, ABC	\$ 2.0
OAK MILK 300ML (E) CHOCOLATE, STRAWBERRY, VANILLA, ICE COFFEE	\$ 2.5
SOFT DRINK (O) 375ML SUGAR FREE ONLY	\$ 2.5
HOT CHOCOLATE (E)	\$ 2.5
UP N GO (E) 250ML CHOCOLATE, VANILLA	\$ 3.0
WATER (E) 1.5 LITRE	\$ 3.5
ICE TEA (O)	\$ 3.5
PUMP WATER (E) 750ML	\$ 4.0
OAK MILK 500ML (E) CHOCOLATE, STRAWBERRY, VANILLA	\$ 4.0
ICE COFFEE (E) 500ML	\$ 4.2
SOFT DRINK (O) 600ML SUGAR FREE ONLY	\$ 4.2
FRUIT SMOOTHIES (E) BANANA & HONEY, OTHER SEASONAL FRUITS	\$ 4.5

EVERYDAY

RICE & PASTA	REG	LGE
BUTTER CHICKEN (E) OUR FAMOUS RECIPE & STEAMED RICE	\$ 3.5	\$ 5.5
KEBABS		
DONER KEBAB & CHEESE (E) AUTHENTIC DONER MEAT, CHEESE, SAUCE		\$ 6.0
DONER KEBAB - THE LOT (E) AUTHENTIC DONER MEAT, SALAD, CHEESE, SAUCE		\$ 6.5
NACHOS		
BEEF NACHOS (O) BOLOGNESE SAUCE, CHEESE - SOUR CREAM 50C		\$ 5.0
VEGETARIAN NACHOS (O) TOMATO SALSA, LETTUCE, CHEESE - SOUR CREAM 50C		\$ 5.0

MONDAY

CHICKEN CARBONARA PASTA (E)	REG \$ 3.5	LGE \$ 5.0
SPINACH & RICOTTA RAVIOLI (E) FRESH TOMATO & HERB SAUCE	\$ 4.0	

TUESDAY

SPAGHETTI BOLOGNESE (E) RICH BEEF SAUCE	REG \$ 3.5	LGE \$ 5.0
THAI RED CURRY (E) CHICKEN, ASIAN VEGES & STEAMED RICE	\$ 3.5	\$ 5.5
PIZZAS		
CHEESE (E) CHEESE & FRESH TOMATO PIZZA SAUCE		\$ 4.0
ZATAAR (E) TRADITIONAL SEVEN HERBS, OLIVE OIL & CHEESE		\$ 4.0
HAM & CHEESE (E) PREMIUM HAM & CHEESE		\$ 4.0
VEGETARIAN (E) FETTA, SEASONAL VEGETABLES, CHEDDAR CHEESE		\$ 4.5
BBQ CHICKEN (E) CHARGILLED CHICKEN, ONION, BBQ SAUCE, CHEESE		\$ 4.5

WEDNESDAY

NAPOLITANA CHICKEN PASTA (E) FRESH TOMATO & HERB SAUCE	REG \$ 3.5	LGE \$ 5.0
BIRYANI SPICY RICE (E) CHICKEN OR VEGETARIAN	\$ 3.5	\$ 5.0

THURSDAY

PAD THAI NOODLES (E) CHICKEN, VEGES (ALSO VEGETARIAN OPTION)	REG \$ 3.5	LGE \$ 5.5
CHAR GRILLED VEGETABLE PASTA (E) TOMATO & HERB SAUCE	\$ 3.5	\$ 5.0
FAJITAS		
CHICKEN FAJITA (E) MEXICAN CHICKEN, CHEESE, CAPSICUM, ONION		\$ 5.0

FRIDAY

PASTA OF THE WEEK (E) TELL US WHAT YOU LIKE & WE WILL MAKE IT	REG \$ 3.5	LGE \$ 5.0
LASAGNE (E) HOMEMADE BEEF		\$ 6.0
SNACK PACK SERVED WITH SALAD (E) OR POTATO WEDGES (O)		
DONER KEBAB MEAT AUTHENTIC DONER MEAT, SAUCE - HUMMUS OR CHEESE \$1		\$ 7.0
FAJITAS		
CHICKEN FAJITA (E) MEXICAN CHICKEN, CHEESE, CAPSICUM, ONION		\$ 5.0

OUR FOODS ARE MADE IN THE CANTEEN DAILY FROM FRESH, NATURAL INGREDIENTS
ALL MENU ITEMS ARE HALAL (EXCLUDING PORK BASED PRODUCTS)
HEALTHY SCHOOL CANTEENS FOOD CODING E - EVERYDAY O - OCCASIONAL