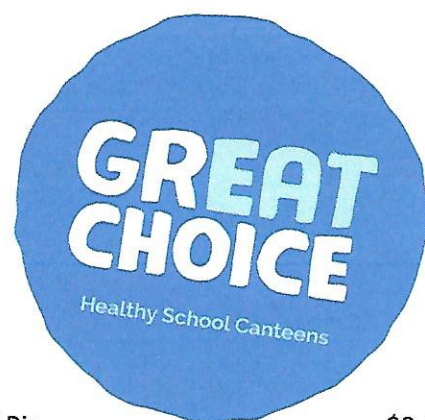


TERM FOUR MENU



Freshly Made Salads

Roast Pumpkin, Rocket, Cherry Tomatoes, Feta & Pasta	\$5.00
Traditional Salad - Lettuce, Tomato, Cucumber, Carrot, Beetroot, Celery	\$5.00
Traditional Salad - with Chicken, Ham, Cheese or Egg	\$6.00
Pesto Pasta	\$4.00
Cherry Tomatoes, Celery Sticks, Carrot Sticks & Crackers with Hummus & Cheese	\$5.00

Sandwiches & Rolls (White or Wholegrain)

Egg & Lettuce	\$3.00
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$4.00
Ham or Cheese	\$2.00
Plain Roll	\$0.80
Vegemite Roll	\$1.50
Lettuce & Mayo Roll	\$1.50
Chicken, Lettuce & Mayo Roll	\$4.00
Ham & Cheese Baguette	\$3.50
Salad	\$4.50
Salad with Ham, Cheese, Chicken, or Egg	\$5.00

Snacks

Fresh Fruit	Seasonal
Seasonal Fruit Salad	Seasonal
Vaalia Yoghurt - Vanilla, Strawberry	\$2.50
Sea Salt Chips	\$1.50
Air Popped Lightly Salted Popcorn	\$1.60
Cheese & Crackers	\$2.50

Order Only

Veggie Burger: Butternut, Goat Cheese & Beetroot with Salad	\$5.50
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Hot Food

Traveller Beef Pie	\$3.50
Sportsman Lean Sausage Roll	\$2.50
Steggles Chicken Chilli Strips	\$1.70

Daily Specials

Beef & Bean Burrito - Monday	\$5.00
Chicken Fried Rice - Tuesday	\$5.00
Napolitano Pasta - Wednesday	\$4.00
Burger of the Day with Salad - Thursday	\$5.00
Mystery Day - Friday	

After Academy

Vaalia Yoghurt	\$2.50
Ham & Cheese Toastie	\$3.00
Ham & Cheese Baguette	\$3.50

Drinks

Pauls Milk (300mL)	\$1.00
Original Springs Bottled Water (600ml)	\$1.50
Harvey Fresh Juice (250ml) Apple, Apple & Blackcurrant, Orange	\$2.00
Oak Flavoured Milk (300ml) Chocolate, Strawberry, Vanilla	\$2.50
Pauls Just Natural Milk (500ml) Malt, Honey & Chocolate	\$3.50
Up & Go (250ml) Choc Ice, Vanilla Ice, Strawberry	\$2.50
Coca-Cola (375 ml) No Sugar, Stevia	\$2.50
Sprite Zero (375ml)	\$2.50
Quelch Icy Tubes Apple, Blackcurrant, Raspberry, Strawberry	\$0.60
Nippy's Frozen Juice, Apple, Apple & Blackcurrant, Orange	\$1.00

Pre-order to avoid disappointment and waiting time

Gluten free available on order

Volunteers are always welcome at the Canteen Ph: 9913-9659



CREATING HEALTHY FUTURES