

# CANTEEN MENU 2019

Please submit your order on a brown paper bag or enclose a reusable lunch bag by 09:30am.

Questions ? Dietary Requirements ? We're happy to help. Just call 0434 623276.

SUPER SALADS all \$ 5 unless stated

ITALIANO Meatball and Mozzarella with lettuce, tomato, cucumber and olives

GREEK Lettuce, feta, olives, red onion, tomato, cucumber & olive oil dressing.

CHICKEN CAESAR Crumbed chicken, bacon, lettuce, cucumber, parmesan, dressing

TANDOORI CHICKEN w/lettuce, cucumber, red onion, tomato & mint yoghurt

FALAFEL SALAD with tabouleh, mint dressing and optional chilli sauce

GARDEN SALAD w/ lettuce, tomato, onion, cabbage, carrot & cheese

FABULOUS FRUIT SALAD assorted seasonal fresh fruit (Small Fruit Salad \$ 3)

BAGUETTES - *Fresh subs, baked this morning.*

*Please specify if you would like them toasted. Also available as Gluten Free Wraps.*

MEATBALL MELT w/ meatballs and melted mozzarella \$ 5

CHICKEN PARMA Chicken Schnitzel w/ ham, cheese and napoli sauce \$ 5

TASTY TOASTY Cheese with ham and or tomato / pineapple, or on its own \$ 4

SALAD SUB lettuce, tomato, carrot, and cucumber w/ one from

Chicken, Ham, Tuna, or falafel - with cheese unless you tell us otherwise. \$ 4.50

HOT STUFF all \$ 5 unless stated

CHEESEBURGER w/ lettuce, burger sauce and tomato sauce on a sesame bun

CHICKEN BURGER w/ lettuce and mayonnaise on a sesame bun

BARRAMUNDI BURGER In breadcrumbs w/ lettuce, and seafood sauce

FALAFEL BURGER w/ cheese, lettuce, tomato and chilli sauce

PASTA BOLOGNESE Italian meatballs in bolognese sauce with fresh pasta

CREAMY COCONUT CHICKEN A Mild creamy curry with rice

CHICKPEA AND SPINACH CURRY in a mild tomato and curry sauce with rice

LEMON CHICKEN Strips of chicken in breadcrumbs with lemon sauce and steamed rice

VEGETABLE FRIED RICE

BEEF LASAGNE Layers of pasta with a rich bolognese sauce and cheese

CHEESEY PASTA Pasta tubes baked in a creamy sauce

JACKET POTATO w/ cheese, bacon & slaw or baked beans / bolognese / tuna sweetcorn

TRADITIONAL FAVOURITES & SNACKS

Party Pies \$ 1

Pie \$ 3.50

Sausage Roll \$ 3.50

Vegetable Pasty \$ 4

Dried Fruit Pack (sultana and apricot) \$ 2

6 Nuggets w/ sauce \$ 5

Oven baked hash browns \$ 1

Vegemite toast fingers \$ 1

Vegetable Spring rolls (3) \$ 3

Hot Dog w/sauce \$ 2.50

Yo-Yo Bicky or Cookie pack \$ 1

DRINKS: Orange Juice, Apple Juice, Chocolate Milk, Strawberry Milk, Mineral Water \$ 1.50