

# Canteen Menu

Wednesday Only



## Bento Boxes

<p><b>Aussies Bento \$7.00</b> 1 x Chicken Wing, 2 x Mini Muffins, 3 x Cheese &amp; Crackers &amp; 1 x ½ sandwich <b>H</b> OPTIONS:</p> <p>Change chicken wing for</p> <p>1 x Party Pie <b>H</b></p> <p>Or</p> <p>2 x mini spring roll <b>H V</b></p> <p>Sandwich pick Cheese or Ham &amp; Cheese <b>H V</b></p>	<p><b>Italian Bento \$7.00</b> 1 x Pasta cup, 2 x Chicken meat balls, 2 x mini muffin <b>H</b></p> <p>Then pick one</p> <p>Corn on cob or fruit cup <b>H</b></p>
<p><b>Grazing Bento \$7.00</b></p> <p>6 x Crackers, 6 x Tasty sticks, 6 x Cabanossi &amp; 6 x Cheese</p> <p>ADD for \$1.00 Hummus or French Onion Dip</p>	<p><b>Footy Bento \$7.00</b></p> <p>1 x Mini hot dog, 1 x Party Pie, 2 x Mini Muffin &amp; 1 x Fruit Cup</p>
<p><b>Asian Bento \$7.00</b></p> <p>1 x Stir-fry noodle cup, 3 x mini spring rolls, 1 x hot roll <b>H V</b></p> <p>Then pick one 2 x Mini muffin or fruit cup <b>H V</b></p>	<p><b>Sauce Options to add \$0.50</b></p> <ul style="list-style-type: none"><li>• Tomato</li><li>• BBQ</li><li>• Sweet Chilli</li><li>• Mayonnaise</li><li>• Tartar</li></ul> <p><b>H = Halal</b>      <b>V = Vegetarian</b></p>



## Daily Specials – Wednesday Only

Noodle & Veg honey & soy stir-fry	\$7.00 H V
Butter Chicken with steamed rice	\$6.50 H
Honey & soy chicken with steamed rice	\$6.50 H
Fried rice with bacon	\$5.50
Fried rice with bacon & 3 mini spring rolls	\$6.00
Meatball sub	\$5.50 H

## PIES, SAUSAGE ROLLS, QUICHE & HOT DOGS

Party Pies	3 = \$3.50 or 4 = \$4.50 H
Party Sausage Rolls	3 = \$3.50 or 4 = \$4.50 H
Meat Pie (Beef)	\$4.50 H
Sausage Roll (Beef)	\$4.50 H
Quiche (Cheese & Bacon)	3 = \$3.50 or 4 = \$4.50
Quiche (Vegetable)	3 = \$3.50 or 4 = \$4.50 H V
Hot Dog (Red hot dog)	\$4.50

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## Everyday Menu

MORNING CRUNCH & SIP	
Fruit bag	\$3.00 H V

SANDWICHES (FRESH OR TOASTED)	
Cheese	\$4.00 H V
Cheese & Tomato	\$4.50 H V
Chicken & Salad	\$5.50 H
Chicken, Cheese & Mayo	\$5.00 H V
Curried Egg & Lettuce	\$5.00 H V
Ham & Cheese	\$4.50
Salad Only	\$4.50 H V
Tuna & Cheese	\$4.50
Vegemite	\$3.50 H V
OPTIONAL FILLINGS	
Cheese	\$0.50
Tomato	\$0.50
Avocado	\$1.00
Salad	\$1.50

TURKISH BREADS (TOASTED)	
BBQ Chicken, cheese, tomato & avocado	\$7.50 H
Ham, cheese, tomato & avocado	\$7.50

SALAD BOWLS	
Caesar Salad	\$6.50
Caesar salad with chicken	\$7.00
ADD EGG \$1.00	
Lentil Salad	\$7.00 H V
Salad with 2 chicken wings	\$7.50 H
Garden Salad	\$6.50 H V

SAUCE OR DRESSING	
Tomato, BBQ, Sweet Chilli, Mayo or Tartar	\$0.50
Balsamic, French or Italian	\$0.50

AFTERNOON TEA	
Banana Bread	\$2.00 H V
Fruit Bag	\$3.00 H V
Muffin	\$1.00 H V
Vegemite & Cheese scroll	\$1.50 H V
Waffles with yoghurt & strawberries	\$3.00 H V
Yogo Chocolate or Custard	\$2.80 H V
Rice Wheels – Cheese/Chicken or Burger	\$2.00 H V
Potato Sticks – Plain or Chicken	\$2.00 H V
Mini Bites – Sea Salt/ Salt & Vinegar or Cheese	\$2.00 H V
Crunch Ems – BBQ or Salt & Vinegar	\$2.00 H V
Jelly Cup	\$1.50 H V

DRINKS &	
250ML Water	\$2.00
600ml Water	\$3.00
Apple Prima	\$3.00
Orange Prima	\$2.50
Tropical Prima	\$2.50
Emma & Tom's Cloudy Apple	\$4.00
Emma & Tom's OJ	\$4.00
Emma Tom's Tropical	\$4.00
Choc Milk (Browns)	\$3.50
Strawberry Milk (Browns)	\$3.50
Banana Milk (Browns)	\$3.50
Hot Chocolate (Warm)	\$3.00
Sunraysia Juice Pouch	\$3.50