

# Steph's Canteen Menu - Term 1, 2019



V - Vegetarian, GF - Gluten Free

## SANDWICHES - Wholemeal or White Bread (add \$1 extra for Gluten free Bread)

Cheese or Vegemite - \$3.50

Tuna, Chicken, Ham - \$4.50

Salad Sandwich - Lettuce, Cucumber, Carrot  
Tomato and Cheese - \$5.50

Toasted Ham and Cheese - \$5.00

Toasted Cheese - \$4.00

Falafel and Hummus Wrap - with Lettuce  
Cucumber and Tomato - \$6.50 V

## ADD EXTRA FILLINGS

Lettuce, Carrot, Cheese, Avocado, Beetroot,  
Cucumber, Egg, Tomato - 50c each

## BURGERS (GF options for all)

Cheese Burger - \$5.50

Egg and Bacon Roll - \$5.50

Veggie Burger - \$6.50 V, GF

Chicken Burger with Lettuce and Mayo - \$5.50



## SALAD (add chicken or tuna \$1)

Caesar Salad - \$5.50

Garden Salad - \$5.50 V, GF

Fruit Salad Tubs (seasonal fruit) - \$4.00

## TUESDAY ONLY - Lunch Only

Spaghetti Bolognese - \$5.50 (GF option)

Butter Chicken and rice with Naan - \$6.00

Chicken Kebab - \$2 each, with salad add an extra \$2.00

## WEDNESDAY ONLY - Lunch Only

Homemade Sausage Rolls - \$5.00

Baked Potato with a choice of - Bacon and Cheese,  
Bolognese or Mixed Beans - \$5.50 V, GF

## THURSDAY ONLY - Lunch Only

Fried Rice (with or without bacon) - \$6.00

Spinach Quiche and Salad - \$6.00 V

Sauces - Tomato, BBQ, Sweet Chilli  
and Sour Cream - 20c each

## OTHER - EVERYDAY

Sweet Potato Fries - \$4.00 V

Meat or Vegetarian Bean Nachos - Sml \$4.00, Lge \$6.00  
V, GF

Spinach Triangles - \$1 each V

5 Mini Vegetable Spring Rolls - \$2.50 V

## SNACKS

Raisin Toast (2 pieces) - \$3.00

Piece of Fruit - Banana, Apple - \$1.00 V

Popcorn - \$1.00 GF

Hummus with Carrot and Celery - \$3.00 GF

Muffins - \$3.00

Bulla Frozen Yoghurt (Strawberry, Raspberry, Mango) -  
\$2.50

Twisted Frozen Yoghurt (Raspberry/Coconut,  
Watermelon/Mango, Chocolate/Caramel) - \$2.50 GF

Anzac Biscuit - 50c each

Vege Chips, Sakata Rice Crackers, Grain Waves,  
Pretzels - \$1.00 GF

Brownies (Thurs Only) - \$1.20 each GF

Fruit Salad Bites - 50c each GF



## Drinks

Small Strawberry Milk - **\$1.50**

Small Chocolate Milk - **\$1.50**

Large Nippy's Chocolate Milk - **\$3.00**

Up and Go Vanilla - **\$2.00**

Up and Go Chocolate - **\$2.00**

100% Juices – Apple, Orange, Apple/Blackcurrant  
- **\$1.50**

Iced Tea – Peach, Lemon - **\$3.00**

Hot Chocolate or Chai Tea - **\$2.00**

Kombucha - **\$4.00**

Water - **\$2.00**

The Canteen is open  
Tuesday, Wednesday and  
Thursday.

Tue, Wed and Thurs  
meals on the menu are  
for lunch only 😊

