

## CANTEEN SAMPLE MENU



These are the items commonly found at the Canteen. There is an emphasis on healthy eating and students can earn points for their House by choosing the healthiest options!

### ROLLS

Unbuttered  
Buttered  
Vegemite  
Egg  
Curried Egg  
Cheese  
Cheese & Tomato  
Salad with Beetroot  
Leg Ham & Tomato  
Red Salmon  
Chicken  
Roast Chicken, Mayo, Lettuce  
Leg Ham & Salad  
Roast Chicken & Salad  
Red Salmon & Salad  
Chicken, avocado & salad wrap  
Salad Tub (add chicken, ham or avocado extra)

#### Extras available for rolls

Lettuce, onion, beetroot, tomato, cheese, egg, avocado  
NB: Rolls with fillings are not buttered (except Vegemite)

### OTHER

Hot Special (these vary but commonly include pesto pasta, curry, chilli con carne, rice and chicken, lasagne, spaghetti bolognese and others)  
Fried Rice  
Dim Sims, Dumplings, Gyozas  
Rice Paper Roll  
Sushi  
Fantastic Noodles  
Hot Cheese Roll  
Hot Cheese & Tomato Roll  
Garlic Bread  
Sweet Chilli Chicken Tenders Roll  
Spinach & Ricotta Roll  
Toasted Sandwiches

### BREAKFAST FOODS

Finger Bun  
Banana Bread  
Muffins  
Bircher Muesli/Granola

### HOT FOOD TERMS 2 & 3 ONLY

Soup  
Hot Chocolate  
Sausage Roll  
Pie (various flavours)

### FRUIT & YOGHURT

Fruit  
Fruit Salad  
Yoghurt - Yoplait

### SNACKS

Euco Drops  
Soothers  
Grainwaves  
Sesame Snap  
Sunfruits  
Glucose Lollies  
Mamee Noodles  
Piranhas Vege Crackers (GF)  
Werther's Original  
Emma & Toms Chia Bar  
Chips (Red Rock)  
Protein Ball  
Cheese & Biscuits  
Edamame

### ICE CREAMS

Thickshake  
Weis Bar  
Frozen Fruit Juice Cup  
Ice Cream tub  
Icy Twist  
Paddle Pop  
TNT  
Island Way Sorbet

### DRINKS

Emma & Toms Milk  
Juice Berri 250ml  
Just Juice 200ml  
Emma & Toms Juice  
Emma & Toms Smoothie  
Plain Milk 300ml  
Milkshake  
Flavoured Milk  
Emma & Toms 600ml Water  
Up & Go  
Carton & Co Water  
Vitasoy Vanilla Chai Soy Milk  
Santa Vittoria Sparkling Water  
Vitasoy Almond Chocolate Milk  
Glee Sparkling Fruit Juice