



CANTEEN MENU

BREAKFAST

Seasonal Fruit: apples, oranges, bananas (v) (gf) (df)	\$1.00
Watermelon (v) (gf) (df)	\$2.00
Yoghurt w. muesli & berries (v) (gf)	\$4.00
Bacon & Egg Roll (gfo)	\$5.50
UP & GO	\$2.50
Homemade chia raspberry & greek yoghurt (v, gfo)	\$4.00

CAKES & SNACKS

Muffins	\$3.00
Banana Bread	\$3.00
Ice fruit cup (gf) (df)	\$1.00
Popcorn (df)	\$2.00
Chips (gf)	\$2.50
Crunch & Dip	\$3.00

SALADS

Chicken Pasta Salad	\$6.00
Greek Salad (lettuce, tomato, cucumber, red onion, feta & olives) (v) (gfo) (df)	\$5.50

LUNCH SPECIALS

MONDAY:

Meatball Subs & Meatball Pasta	\$6.00
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TUESDAY:

Chicken Burger	\$6.00
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WEDNESDAY:

Sushi Rolls - chicken katsu, tuna & cucumber, chicken teriyak & avo (gfo)	\$4.00
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THURSDAY:

Cheeseburger	\$6.00
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FRIDAY:

Butter chicken & rice (gf)	\$6.00
Sushi (df) (gfo)	\$4.00

DRINKS

Small flavoured Milk	\$2.50
Plain milk	\$2.00
Water	\$2.00
'Supa' juices	\$3.00
Juice Bomb	\$2.50
Waterfords Flavoured water	\$3.00
Large Flavoured Milk	\$3.50
Iced Tea	\$3.50
Up & Go	\$2.50
Chill Aloe	\$3.50

(gf) - gluten free, (gfo) gluten free option available, (df) dairy free, (v) vegetarian
all products are nut free,

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HOT FOOD AVAILABLE EVERY DAY

Pasta with Tomato & Basil (gfo)	\$5.00	(gfo)	\$6.00
Mexican Beef with Rice (gf)	\$6.00		
Macaroni & Cheese (v) (gfo)	\$6.00	(gfo)	\$6.50
Beef Lasagne (gf)	\$6.50		
Vegetable Lasagne (v) (gf)	\$6.50		
Pasta bolognaise (gfo)	\$6.00	(gfo)	\$6.50
Pesto pasta (v) (gfo)	\$5.00	(gfo)	\$6.50
Lean beef pie	\$4.00		
Lean sausage roll	\$3.00		
Spinach & ricotta roll (v)	\$3.00		
Pizza slice	\$3.50		
Chicken taco	\$3.50		

WRAPS AND ROLLS AVAILABLE EVERY DAY (gfo)

Plain roll	\$1.00
Vegemite roll	\$2.50
Cheese salad roll	\$4.50
Chicken salad roll	\$6.00
Ham salad roll	\$5.50
BLT roll	\$5.50
Garlic Bread	\$1.50
Egg, lettuce & mayo roll	\$5.00
Chicken, lettuce & mayo roll	\$5.50
Gluten Free Wrap	\$1.00

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