



Made Fresh Canteen Menu



SANDWICHES (White or Wholemeal Bread)

☒ Vegemite	\$1.50
☒ Jam or honey	\$1.50
☒ Cheese	\$2.00
☒ Lean ham	\$2.50
☒ Cheese & tomato	\$3.00
☒ Lean ham & cheese	\$3.50
☒ Lean ham, cheese & tomato	\$4.00
☒ Salad (lettuce, tomato, carrot, cucumber)	\$4.00
☒ Tuna, lettuce & mayo	\$4.00
☒ Fresh chicken with cheese	\$4.50
☒ Fresh chicken, lettuce & mayo	\$4.50
☒ Fresh chicken & salad	\$4.50
☒ Lean ham & salad	\$4.50



WRAPS - ROLLS (FOCACCIA extra \$1.00)

☒ Cheese & tomato	\$3.50
☒ Lean ham & cheese	\$4.00
☒ Lean ham, cheese & tomato	\$4.50
☒ Salad (lettuce, tomato, carrot, cucumber)	\$4.50
☒ Tuna, lettuce & mayo	\$4.50
☒ Fresh chicken with cheese	\$5.00
☒ Fresh chicken, lettuce & mayo	\$5.00



SALADS (All Salads served in 12oz Dome)

☒ Garden salad	\$4.00
☒ Tuna salad	\$4.50
☒ Cheese salad	\$4.50
☒ Lean ham salad	\$4.50
☒ Fresh chicken breast salad	\$5.00
☒ Fresh chicken breast pasta salad	\$5.00
☒ Caesar salad	\$5.00
☒ Fresh chicken avocado salad	\$5.00
☒ Greek salad	\$5.00
☒ Fresh chicken Caesar salad	\$5.00



SUSHI

☒ Teriyaki chicken with cucumber	\$4.50
☒ Salmon with cucumber	\$4.50
☒ Veggie Tofu, carrot, cucumber (vegan)	\$4.50
☒ Tuna with cucumber	\$4.50



SNACKS & FROZEN TREATS

☒ Plain or frozen 99% juice small cup	50c
☒ Plain or frozen 99% juice-jelly small cup	50c
☒ Custard small cup	50c
☒ Plain or frozen 99% juice cup	\$1.00
☒ Plain or frozen 99% juice-jelly cup	\$1.00
☒ Frozen diced pineapple cup	\$1.00
☒ Frozen plain milk cup	\$1.00
☒ Frozen 99% quelch fruit juice sticks	\$1.00
☒ Bread sticks x 4	\$1.00
☒ Custard cup	\$1.00
☒ Chocolate custard cup	\$1.50
☒ Frozen orange wedges	\$1.50
☒ Frozen mandarin wedges	\$1.50
☒ Frozen lite milk cup (chocolate, banana, strawberry)	\$1.50
☒ Frozen 99% nippy's juice cup	\$1.50
☒ Sour snap sticks	\$1.50
☒ Frozen grapes cup	\$2.00
☒ Frozen watermelon cup	\$2.00
☒ Ice many freeze pops	\$2.00



BREAKFAST - RECESS & LUNCH

☒ Plain milk cup	\$1.00
☒ Diced pineapple cup	\$1.00
☒ Vegemite or jam or honey toast	\$1.50
☒ Hot chocolate cup	\$1.50
☒ Lite banana milk cup	\$1.50
☒ Lite chocolate milk cup	\$1.50
☒ Lite strawberry milk cup	\$1.50
☒ Fresh cut veggie cup	\$1.50
☒ Fresh grapes cup (seasonal)	\$2.00
☒ Fresh cut watermelon cup	\$2.00
☒ Toasted cheese sub	\$1.50
☒ Toasted cheese & lean ham sub	\$2.00
☒ Fresh diced fruit cup	\$2.00
☒ Tabouleh cup	\$2.00
☒ Corn flakes bowl	\$2.50
☒ Pancakes x2 with honey	\$2.50
☒ Yoghurt (low fat)	\$2.00
☒ Yoghurt & fruit cup	\$2.50
☒ Yoghurt & muesli cup	\$2.50

sold at counter



FRESH FRUIT

☒ Orange, apple or mandarin	\$1.00
☒ Banana	\$1.50
☒ Orange, apple or mandarin wedges in a cup	\$1.50
☒ Watermelon pieces in a bowl (12oz)	\$3.50
☒ Seasonal fresh fruit salad bowl (12oz)	\$4.00



MILK - JUICES - DRINKS

☒ Water 400ml	\$1.50
☒ Water 600ml	\$2.00
☒ Milk 300ml (plain)	\$2.50
☒ Popper 99% juice 250ml	\$2.50
☒ Light milk 300ml	\$3.00
☒ UP & GO 250ml	\$3.00
☒ Milk 600ml (plain)	\$4.00
☒ Flavoured milk 500ml (only H.S.)	\$5.00



OCCASIONAL ITEMS AVAILABLE EACH DAY HOT FOOD - SNACKS & DRINKS

☒ Hash brown	\$1.30
☒ Chicken & corn roll	\$1.50
☒ Potato wedges bag	\$2.50
☒ Nachos with salsa & cheese	\$3.50
☒ Noodles cup	\$3.50
☒ Chicken nuggets x5	\$3.50
☒ Chicken or beef hot dog (one free sauce)	\$3.80
☒ Sausage roll (one free sauce)	\$4.50
☒ Meat pie (one free sauce)	\$5.00
☒ Large potato pie from our bakery	\$5.50



☒ Homemade cookies x1 (freshly made daily)	50c
☒ Gummy bear x3	\$1.00
☒ Popcorn	\$1.00
☒ Jelly cup	\$1.00
☒ Monster noodle snacks (chicken or bbq)	\$1.30
☒ Jelly & custard cup	\$1.50
☒ Homemade fresh muffins (freshly made daily)	\$1.50
☒ Rice sticks cheese	\$2.00
☒ Vanilla ice cream cup	\$2.00
☒ Grain waves 22g	\$2.50
☒ Red rock deli chips 28g	\$2.50



Gluten Free Bread	extra \$1.00
Gluten Free Tortilla	extra \$1.00
Gluten Free Focaccia	extra \$1.00
Upsize Salad, Fruit Salad to 200z	extra \$1.50
Extra fillings	
Sliced or Shredded Cheese	extra \$1.00
Avocado or Beetroot	extra 50c
Sauce or Cutlery	each 30c

OCCASIONAL ITEMS AVAILABLE EACH DAY ONLY FOR HIGH SCHOOL STUDENTS

☒ Pepsi max 375ml (sugar free)	\$2.50
☒ Vanilla or raspberry 375ml (sugar free)	\$2.50
☒ Solo sub 375ml (sugar free)	\$2.50
☒ Lemonade zero sugar 375ml	\$2.50
☒ Homemade Custard tart	\$3.50
☒ Waterfords lite & fruity 500ml	\$4.50
☒ Lipton lite peach ice tea 500ml	\$5.50

HOT FOOD

☒ Corn cob	\$1.00
☒ Small garlic bread	\$1.00
☒ Small garlic & cheese bread	\$1.50
☒ Large garlic bread	\$2.50
☒ Large garlic & cheese bread	\$3.00
☒ Fresh chicken wings x1	\$1.50
☒ Cheese sub	\$2.50
☒ Mexican quesadilla	\$3.00
☒ Stuffed vine leaves with rice x5	\$3.00
☒ Small beef or chicken meatball sub with napolitana sauce/cheese	\$4.50
☒ Large beef or chicken meatball sub with napolitana sauce/cheese	\$6.00
☒ Small grilled chicken souvlaki on a roll or wrap	\$4.50
☒ Large grilled chicken souvlaki on a roll or wrap	\$6.00
☒ Homemade pizza with cheese	\$5.00
☒ Homemade pizza with lean ham & cheese	\$5.50
☒ Homemade hawaiian pizza	\$5.50
☒ Beef lasagne	\$5.50
☒ Vegetarian lasagne	\$5.50
☒ Cheeseburger	\$5.50
☒ Chicken breast fillet burger lettuce & mayo	\$5.50



HOMEMADE DAILY MENU

☒ Monday	Veggie fried rice	\$5.00
☒ Tuesday	Butter chicken with rice	\$5.00
☒ Wednesday	Pasta carbonara with lean ham	\$5.00
☒ Thursday	Chicken creamy pasta	\$5.00
☒ Friday	Chicken hokkien noodles	\$5.00

EVERYDAY HOMEMADE MENU

☒ Pasta bolognaise	\$5.00
☒ Mac & cheese	\$5.00
☒ Chicken napolitana pasta	\$5.00
☒ Pasta with beef meatballs	\$5.00
☒ Pasta with chicken meatballs	\$5.00
Gluten Free options available extra \$1.00	

DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

☒ PACK 1	CHEESE SANDWICH Water 400ml + frozen stick or fruit	\$3.50
☒ PACK 2	SALAD SANDWICH Water 400ml + frozen stick or fruit	\$5.50
☒ PACK 3	MEATBALL SUB Water 400ml + frozen stick or fruit	\$6.00
☒ PACK 4	PASTA BOLOGNAISE Water 400ml + frozen stick or fruit	\$6.00
☒ PACK 5	CHICKEN & CHEESE ROLL Water 400ml + frozen stick or fruit	\$6.50
☒ PACK 6	LASAGNE (beef or vegetarian) Water 400ml + frozen stick or fruit	\$7.00

VEGGIE & OTHER SNACK PACKS

☒ Veggie cup with hommus	\$2.50
☒ Veggie dome (carrots,celery,corn,tomatoes, bread sticks)	\$4.00
☒ Veggie dome with cheese cubes & bread cticks	\$4.50
☒ Veggie dome with fresh chicken breast & bread Sticks	\$5.00

CRUNCH N SIP PACKS

☒ Fresh piece of fruit & water 400ml	\$2.00
☒ Fresh orange/apple wedges & water 400ml	\$2.50
☒ Fresh cut veggie cup & water 400ml	\$2.50
☒ Fresh diced fruit cup & water 400ml	\$3.00



CONGRATULATIONS

MADE FRESH

OF

MADE FRESH (PRIMARY)

This certificate verifies that your Master Menu meets the requirements of The NSW Healthy School Canteen Strategy

Date issued: 14 June 2019 Valid until: 14 June 2021



Note: This certificate is valid for two years from the date of issue. To re-new your certificate please review your master menu against the Food and Drink Criteria of the Healthy School Canteen Strategy and re-submit a Master Menu Application Form to the Menu Check Service.



CONGRATULATIONS

MADE FRESH

OF

MADE FRESH (SECONDARY)

This certificate verifies that your Master Menu meets the requirements of The NSW Healthy School Canteen Strategy

Date issued: 14 June 2019 Valid until: 14 June 2021



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OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS