

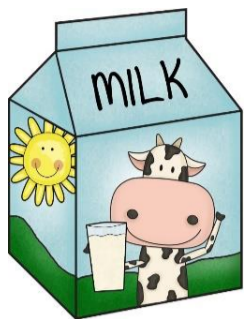


# Made Fresh Canteen Menu



## BREAKY MENU

	Vegemite Toast	\$1.00
	Jam	\$1.00
	Honey	\$1.00
	Plain Milk Cup	\$1.00
	Fresh Cut Veggie Cup	\$1.50
	Light Chocolate Milk Cup	\$1.50
	Light Strawberry Milk Cup	\$1.50
	Light Banana Milk Cup	\$1.50
	Hot Chocolate Cup	\$1.50
	Toasted Cheese Sub	\$1.50
	Cheese & Lean Ham Sub	\$2.00
	Fresh Diced Fruit Cup	\$2.00
	Corn Flakes Bowl	\$2.50
	Pancakes with Honey	\$2.50



## SANDWICHES (White or Wholemeal Bread)

	Vegemite	\$1.00
	Jam	\$1.00
	Honey	\$1.00
	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 & Cheese	\$4.00
	Fresh Chicken, Lettuce & Mayo	\$4.50
	Fresh Chicken Salad	\$5.00
	Lean Ham Salad	\$5.00

Extra fillings just add 0.70c each



## WRAPS & ROLLS (Tortilla or Lebanese Bread)

	Cheese & Tomato	\$4.00
	Lean Ham & Cheese	\$4.50
	Lean Ham, Cheese & Tomato	\$5.00
	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$5.00
	Tuna, Lettuce & Mayo	\$5.00
	Fresh Chicken & Cheese	\$5.00
	Fresh Chicken Lettuce & Mayo	\$5.50

Extra fillings just add 0.70c each



## VEGGIE & OTHER SNACK PACKS

	Fresh Cut Veggie Cup	\$1.50
	Veggie Snack Pack Dome with Carrot, Celery, Corn, Tomatoes & Bread Sticks	\$4.00
	Veggie Snack Pack Dome with Cheese Cubes & Bread Sticks	\$4.50
	Veggie Snack Pack Dome with Fresh Chicken Breast & Bread Sticks	\$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	\$4.50
	Fresh Chicken Breast Pasta Salad	\$5.00
	Fresh Chicken Caesar Salad (without Lean Ham)	\$5.00
	Fresh Chicken Caesar Salad with Lean Ham	\$5.50

Upsize Salad from 12oz to 20oz dome for an extra \$2.00

## FRESH FRUIT & YOGHURT

	Diced Pineapple Small Cup	\$1.00
	Oranges, Apples & Mandarins	\$1.00
	Banana	\$1.50
	Fresh Watermelon Cup	\$2.00
	Fresh Diced Fruit Cup	\$2.00
	Small Vanilla Yoghurt (low fat)	\$1.50
	Yoghurt with Muesli Cup	\$2.50
	Yoghurt with Fruit Cup	\$3.00
	Seasonal Fresh Fruit Salad Bowl (12oz)	\$4.00



## OCCASIONAL FOOD & SNACKS

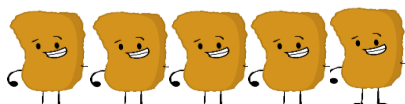
### BREAKFAST

	Oven Baked Hash Brown	\$1.00
	Homemade Muffins (freshly made daily)	\$1.50



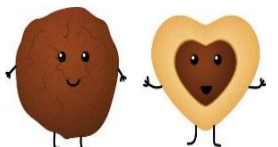
### HOT FOOD

	Potato Wedges Cup	\$3.00
	Noodles Cup	\$3.50
	Hot Dog (low fat chicken or beef) + sauce	\$3.50
	Chicken Nuggets (5 pieces)	\$4.00
	Meat Pie or Sausage Roll (one free sauce)	\$4.50



### SNACKS & FROZEN TREAT

	Homemade Cookies x1	0.50c
	Yoghurt Frogs X 4	\$1.00
	Red Rock Deli Chips 28g	\$2.50
	Plain Ice Cream Vanilla	\$2.00
	Mini Party Pies or Mini Sausage Rolls (SOLD AT COUNTER)	\$1.00



## HOT FOOD

Extra fillings just add 0.70c each

	Garlic & Herb Toasty (freshly made daily)	\$1.50
	Pizza Cheese Sub	\$2.50
	Mexican Quesadilla	\$3.00
	Stuffed Vine Leaves with Rice x4	\$3.00
	Meatball Sub with Napoletana Sauce	\$4.50
	Grilled Chicken Souvlaki on a Roll	\$4.50
	Homemade Pizza with Cheese	\$5.00
	Homemade Pizza with Lean Ham & Cheese	\$5.50
	Homemade Hawaiian Pizza	\$6.00
	Lasagne	\$5.50
	Cheese burger (lean beef)	\$5.50
	Aussie Lean Beef Burger Lettuce/Tomato	\$6.00
	Fresh Grilled Chicken Fillet Burger	\$6.00



## SUSHI (available every Tuesday-pre order by Friday)

	Teriyaki Chicken with Cucumber	\$4.50
	Teriyaki Beef with Cucumber	\$4.50
	Veggie Tofu, Carrot, Cucumber VEGAN	\$4.50
	Vegetarian Tofu, Carrot, Cucumber (brown rice)	\$4.50



## DAILY HOMEMADE MENU

	Monday	Pasta Carbonara with Lean Ham	\$4.50
	Tuesday	Mac & Cheese Pasta	\$4.50
	Wednesday	Hokkien Noodles Chicken	\$4.50
	Thursday	Pasta with Meatballs	\$4.50
	Friday	Pasta Bolognese	\$4.50



## DAZZLING MEAL DEALS...

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

	<b>PACK 1: CHEESE SANDWICH</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$3.50
	<b>PACK 2: STUFFED VINE LEAVES with RICE x4</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$4.50
	<b>PACK 3: CHICKEN NUGGETS x5</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$5.50
	<b>PACK 4: BEEF <b>or</b> CHICKEN HOT DOG</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$5.50
	<b>PACK 5: MEATBALLS SUB</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$6.00
	<b>PACK 6: PASTA with MEATBALLS</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$6.00
	<b>PACK 7: PASTA BOLOGNAISE</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$6.00
	<b>PACK 8: FRESH CHICKEN &amp; CHEESE ROLL</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$6.50
	<b>PACK 9: FRESH CHICKEN SALAD SANDWICH</b>	
	Water 400ml + Popcorn <b>or</b> Frozen Juice Stick	\$6.50

## SNACKS & FROZEN TREATS

	Frozen 99% Juice Cup Small (3 Flavours)	0.50c
	Plain or Frozen 99% Juice-Jelly Cup Small (3 Flavours)	0.50c
	Diced Pineapple Small Cup	\$1.00
	Frozen 99% Juice Cup (3 Flavours)	\$1.00
	Plain or Frozen 99% Juice-Jelly Cup (3 Flavours)	\$1.00
	Frozen 99% Quelch Fruit Juice Sticks	\$1.00
	Popcorn	\$1.00
	Bread Sticks x 4	\$1.00
	Custard Cup (low fat)	\$1.00
	Frozen Plain Milk Cup	\$1.00
	Frozen Chocolate Milk Cup	\$1.50
	Frozen Strawberry Milk Cup	\$1.50
	Frozen Banana Milk Cup	\$1.50
	Frozen Watermelon Cup	\$2.00
	Frozen Grapes Cup (seasonal)	\$2.00
	Frozen 99% Nippy's Juice Cup (3 Flavours)	\$2.00
	Messy Monkeys Snack	\$2.50



## CRUNCH N SIP PACKS

	Piece of Fruit & Water 400ml	\$2.00
	Diced Fruit Cup & Water 400ml	\$3.00

Please pre-order

## WATER - MILK & JUICES

	Water 400ml	\$1.50
	Water 600ml	\$2.00
	Popper 100% juice	\$2.50
	Milk 300ml (plain)	\$2.50
	Light Milk 300ml (3 Flavours)	\$3.00



As required by the NSW government all menu items sold each day, are to be listed as Everyday or Occasional food to allow parents and caregivers informed choices.

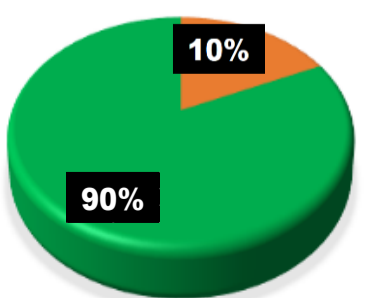
The NSW state government states menu items are required to be 75% everyday and 25% occasional.

Made Fresh is proud that we have exceeded this requirement. We have kept our prices reasonable even after an increase to the levy for the "container scheme fee". Our suppliers have also increased their prices on eligible/quality goods under the new "star system".

Your child's healthy eating is paramount to our business.

Thank you for your ongoing support.

## Occasional



## Everyday