



Made Fresh Canteen Menu



SANDWICHES (White or Wholemeal Bread)

E Vegemite or jam or honey	\$1.50
E Cheese	\$2.50
E Lean ham	\$3.00
E Cheese & tomato	\$3.50
E Lean ham & cheese	\$4.00
E Egg & mayo	\$4.00
E Egg, lettuce & mayo	\$4.50
E Lean ham, cheese & tomato	\$4.50
E Salad (lettuce, tomato, carrot, cucumber)	\$4.50
E Tuna, lettuce & mayo	\$4.50
E Fresh chicken with cheese	\$5.00
E Fresh chicken, lettuce & mayo	\$5.00
E Fresh chicken & salad	\$5.50
E Lean ham & salad	\$5.50



WRAPS-ROLLS (FOCACCIA extra \$1.00)

E Cheese & tomato	\$4.50
E Egg & cheese	\$5.00
E Lean ham & cheese	\$5.00
E Lean ham, cheese & tomato	\$5.50
E Tuna, lettuce & mayo	\$5.50
E Salad (lettuce, tomato, carrot, cucumber)	\$5.50
E Fresh chicken, cheese & mayo	\$6.00
E Fresh chicken lettuce & mayo	\$6.00
E Fresh chicken & salad	\$6.50
E Lean ham & salad	\$6.50
E Fresh chicken, cheese & pineapple	\$6.50
E Fresh chicken caesar salad wrap	\$6.50



SALADS (All Salads served in 12oz Dome)

E Tabouleh	\$4.50
E Garden salad	\$4.50
E Tuna salad	\$5.00
E Egg salad	\$5.00
E Cheese salad	\$5.00
E Lean ham salad	\$5.00
E Vegetable pasta salad	\$5.00
E Beetroot salad	\$5.00
E Caesar salad	\$5.00
E Tuna avocado salad	\$5.50
E Fresh chicken breast salad	\$5.50
E Fresh chicken breast pasta salad	\$5.50
E Fresh chicken avocado salad	\$6.00
E Greek salad	\$6.00
E Fresh chicken caesar salad	\$6.00

- All salads are available •
- every day if you •
- pre order before 9am •



SNACKS & FROZEN TREATS

E Bread sticks x 4	\$1.00
E Frozen 99% juice cup	\$1.00
E Quelch 99% fruit juice sticks	\$1.00
E Sour snap sticks	\$1.50
E Custard cup	\$1.50
E Chocolate custard cup	\$2.00
E Plain or frozen 99% juice-jelly cup	\$1.50
E Frozen chocolate milk cup	\$1.50
E Frozen strawberry milk cup	\$1.50
E Frozen vanilla malt milk cup	\$1.50
E 99% frozen nippy's juice cup	\$1.50
E Frozen watermelon cup	\$2.00
E Frozen pineapple cup	\$2.00
E Frozen grapes cup (seasonal)	\$2.00
E Ice many freeze pops	\$2.00



BREAKFAST

E Vegemite or jam or honey toast	\$1.50
E Plain milk cup	\$1.50
E Hot chocolate	\$2.00
E Corn flakes bowl	\$2.50
E Pancakes x3 with honey	\$3.00
E Cheese & egg roll	\$4.50
E Lean ham & egg roll	\$5.00
Toasted sandwiches or wraps	
E Cheese	\$2.50
E Ham	\$3.00
E Cheese & tomato	\$3.50
E Lean ham & cheese	\$4.00
E Lean ham, cheese & tomato	\$4.50
E Choose one item from the breakfast menu and get	
E a bottle water 600 ml extra	\$1.00
E or add a popper juice 250ml extra	\$1.50
E or add a flavoured milk 300ml extra	\$2.00
E or add a flavoured milk 500ml extra	\$4.00



FRESH FRUIT

E Orange, apple, mandarin	\$1.00
E Banana	\$1.50
E Orange, apple or mandarin wedges in a cup	\$1.50
E Fresh grapes cup (seasonal)	\$2.00
E Fresh cut watermelon cup	\$2.00
E Fresh cut veggie cup	\$2.00
E Vanilla yoghurt (low fat)	\$2.00
E Yoghurt & fruit cup	\$2.50
E Yoghurt & muesli cup	\$2.50
E Fresh diced fruit cup	\$2.50
E Watermelon pieces in a bowl (12oz)	\$4.50
E Seasonal fresh fruit salad bowl (12oz)	\$5.00
E Fresh fruit salad with yoghurt bowl (12oz)	\$5.50

SUSHI sold at counter

E Tuna with cucumber	\$4.50
E Salmon with cucumber	\$4.50
E Teriyaki chicken with cucumber	\$4.50
E Veggie tofu, carrot, cucumber (vegan)	\$4.50



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

HOT FOOD - SNACKS & DRINKS

E Hash brown	\$1.30
E Potato gems x10	\$2.00
E Chicken & corn roll	\$2.00
E Potato wedges bag	\$2.50
E Noodles cup	\$3.50
E Chicken or beef hot dog (one free sauce)	\$3.80
E Chicken nuggets (6 pieces)	\$4.00
E Nachos with salsa & cheese	\$4.50
E Sausage roll (one free sauce)	\$4.50
E Meat pie (one free sauce)	\$5.00
E Pizza wrap (tomato & olives, bbq chicken)	\$5.50
E Large potato pie from our bakery	\$6.00
E Veggie pattie burger	\$6.00
E Chicken burger	\$6.00
E Sweet chilli chicken tender wrap	\$6.00
E Crumbed chicken caesar burger	\$6.50
E Fillet-O-Fish burger with lettuce & mayo	\$6.50
E Homemade cookies x1 (freshly made daily)	\$1.00
E Popcorn	\$1.00
E Monster noodle snacks (Chicken or BBQ)	\$1.30
E Chocolate mousse	\$1.50
E Jelly cup or jelly & custard cup	\$1.50
E Homemade fresh muffins (freshly made daily)	\$1.50
E Rice pudding	\$1.50
E Rice sticks cheese	\$2.00
E Grain waves 22g	\$2.50
E Red rock deli Chips 28g	\$2.50
E Pepsi max 375ml (sugar free)	\$2.50
E Vanilla or raspberry 375ml (sugar free)	\$2.50
E Solo sub 375ml (sugar free)	\$2.50
E Lemonade zero sugar 375ml	\$2.50
E Homemade Custard tart	\$3.50
E Waterfords lite & fruity 500ml	\$4.50
E Lipton lite peach ice tea 500ml	\$5.50



HOT FOOD

E Corn cob	\$1.00
E Chicken wings x1	\$1.50
E Spicy chicken wings x1	\$1.50
E Garlic bread small	\$1.50
E Garlic bread large	\$2.50
E Garlic & cheese bread (made fresh daily)	\$3.00
E Stuffed vine leaves with Rice x6	\$3.50
E Mexican tortilla	\$5.00
E Homemade pizza with cheese	\$5.50
E Homemade bbq chicken pizza	\$5.50
E Homemade hawaiian pizza	\$5.50
E Homemade vegetarian pizza	\$5.50
E Homemade pizza with lean ham & cheese	\$5.50
E Beef lasagne (non halal)	\$5.50
E Vegetarian lasagne	\$5.50
E Beef meatball sub with napolitana sauce/cheese	\$6.00
E Chicken meatball sub with napolitana sauce/cheese	\$6.00
E Lemon & pepper grilled chicken souvlaki on a roll	\$6.00
E Plain grilled chicken souvlaki on a roll	\$6.00
E Spicy grilled chicken souvlaki wrap	\$6.00
E Mexican chicken wrap	\$6.00
E Cheeseburger	\$6.00
E Aussie lean beef burger lettuce/tomato	\$6.00
E Chicken breast fillet burger lettuce & mayo	\$6.00
E Chicken breast fillet caesar burger	\$6.50



HOMEMADE MENU (TWO cooked each day)

Australian, European, Asian & Mexican Meals

E Honey mustard chicken with rice or pasta	\$5.00
E Mac & cheese	\$5.00
E Creamy chicken with rice or pasta	\$5.00
E Sweet chilli chicken with rice or pasta	\$5.00
E Butter chicken with rice	\$5.00
E Pasta bolognese	\$5.00
E Pasta carbonara with lean ham	\$5.00
E Pasta with chicken meatballs	\$5.00
E Pasta with beef meatballs	\$5.00
E Napolitana chicken pasta	\$5.00
E Teriyaki chicken stir fry & steamed rice	\$5.00
E Thai red curry chicken, vegetables & rice	\$5.00
E Vegetable noodles Soup	\$5.00
E Chicken hokkien noodles	\$5.00
E Veggie fried rice	\$5.00
E Fried rice with lean ham	\$5.00
E Mexican chicken burrito skillet & rice	\$5.00



VEGGIE & OTHER SNACK PACKS

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



MILK - JUICES - DRINKS

E Water 400ml	\$1.50
E Water 600ml	\$2.00
E Milk 300ml (plain)	\$2.50
E Popper 99% juice 250ml	\$2.50
E Light milk 300ml	\$3.00
E UP & GO 250ml	\$3.00
E Milk 600ml (plain)	\$4.00
E UP & GO 500ml	\$4.50
E Bottled milk 500ml	\$5.50



THIS IS TO CERTIFY THAT

Made Fresh

IS A FINANCIAL MEMBER OF THE

HEALTHY KIDS ASSOCIATION

Member ID L083

Healthy Kids Association, Suite 1.02, 38 Oxley Street, St Leonards NSW 2065 Ph: (02) 9876 1300 Outside Sydney Ph: 1300 724 850 Fax: (02) 9437 4984 Email: info@healthy-kids.com.au Web: www.healthy-kids.com.au

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

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.

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS