



CANTEEN MENU 2019

Open Mondays and Fridays

Lunch 10:50am-11:20am

Afternoon Tea 1:20pm-1:50pm



Hot Food

	\$
Pesto Pasta	3.00
Pasta & Beef Bolognese	4.00
Sausage Roll	3.50
Chunky Meat Pie	4.00
Chicken Mornay Pie	4.00
Cheese and Spinach Roll	3.50
Baked Potato with cheese	3.00
~with bolognese <u>or</u> beans and sals	4.50

Pizza

Margarita	4.00
Ham & Pineapple	4.50
Spinach & Pesto	4.00
Vegetarian	4.50

Gluten free available add 1.00

Toasties

choose from:

Cheese	3.00
Cheese and Ham	3.50
Cheese, Tomato, Pesto & Spinach	3.50

Raisin toast 3.00

Sushi

Fridays only, please pre-order by Thurs

Avocado	3.00
Tuna	3.00
Avocado & Tuna	3.00
Chicken Teriyaki	3.00
Vegetable Tempura	3.00

Fresh Garden Salad 4.00



Sandwiches & Rolls

	\$
Cheese	3.00
Vegemite	2.00
Honey	2.00
Ham & Cheese	3.50
Chicken	3.50
Salad (lettuce, mayo, carrot, cucumber, tomato and beetroot)	4.50
Ham and Salad	5.00
Chicken and Salad	5.00
Gluten Free Wrap/Toast	add 1.00

Snacks

Red Rock Deli Chips	1.20
(Sea Salt or Honey Soy Chicken)	
Popcorn	50c
Various baked goodies	50c
Vege sticks and hommus	1.50
Cheese and crackers	1.50

Drinks

Bottled Water	1.50
Poppers	1.50
(Apple, Apple/Blackcurrant, Orange)	
Chocolate Milk	1.80
Strawberry Milk	1.80

Frozen Treats

Frozen Yogurt Twisters	1.80
Frozen Fruit Smoothies	50c
Chocolate Ice Mony	70c
Quelch Tubes	50c