

CANTEEN MENU

SUMMER 2020/21 (Available from 13/10/20)

The Canteen is open every day

SALAD		FRUIT & YOGHURT	
Small Salad Box (GF)	4.00	Curly Apple	1.00
Gourmet Salad (GF)	7.00	Fruit Kebab	1.00
Chicken Caesar Salad - chicken, bacon, cos lettuce, parmesan cheese, egg, Caesar dressing - GF	6.00	Fresh piece of fruit	1.00
		Fresh Fruit Salad	6.00
		Berry Delight Yoghurt	4.00
		Passionfruit Yoghurt	4.00
SANDWICHES		TOASTED SANDWICHES	
Vegemite	2.00	Cheese	3.00
Ham	3.00	Cheese & Tomato	3.00
Cheese	3.00	Cheese & Ham	4.00
Curried Egg & Lettuce	3.50	Ham, Cheese & Tomato	4.00
Egg & Lettuce	3.50	Ham, Cheese & Pineapple	4.00
Chicken, Lettuce, Mayo	4.00	SNACKS	
Ham, Cheese & Tomato	4.00	Small Finger Bun	2.00
Salad Roll (Unavailable Thursday)	4.00	Finger Bun	3.00
Ham & Salad Roll	5.00	Small Choc Chip Cookie	1.50
Chicken Caesar Wrap - wrap, chicken, bacon, cos lettuce, parmesan cheese, Caesar dressing	6.00	Choc Chip Cookie	2.50
Wholemeal or white Available as gluten-free option (excl. Roll) for extra 1.00		Muffin (Homemade)	2.00
		Chips (28gm)	1.50
EVERYDAY HOT FOOD		Grain Waves (45gm)	2.00
Veggie Pasty *	4.00	Chips (45gm)	2.00
Chicken & Veggie Pasty *	4.00	Jelly Cup	1.00
Mini Beef Pie *	2.00	Vegemite Scroll	3.50
Beef Pie *	4.00	Sweet Chilli Scroll	3.50
Beef Sausage Roll *	4.00	Cough Lollies	0.60
Spinach & Ricotta Roll *	4.00		
4 Chicken Nuggets	3.00	DRINKS	
7 Chicken Nuggets	5.00	Water 250ml	1.00
2 Chicken Tenders (GF)	3.50	Water 600ml	2.00
4 Chicken Tenders (GF)	7.00	Sparkling Water 500ml	2.50
Hash Brown (Oven Baked) (GF)	1.00	Popper - Orange, Tropical, Apple, Apple/Blackcurrent	2.00
Small Garlic Bread	1.00	Golden Circle Juice - Orange, Apple, Apple/Blackcurrent	3.00
Garlic Bread	2.00	Liptons Iced Tea (High School only)	3.50
Corn Cob (GF)	2.50	Flavoured Milk 300ml - Chocolate, strawberry, vanilla malt, Iced Coffee (High Sch only)	2.00
Oven Baked Wedges (NOT Thurs)	3.00	Flavoured Milk 600ml - Chocolate, strawberry, vanilla malt, Iced Coffee (High Sch only)	3.50
Oven Baked Potato Gems (GF) (NOT Thurs)	3.00		
Sauce Tubs (Tomato, BBQ, Sweet Chilli)	0.30		
* All pies and pastries are specially homemade			



DAILY SPECIALS

MARVELLOUS MONDAY

I.T. Burger (egg, bacon, baby spinach, cheese, BBQ sauce on cheese roll)	6.00
Toasted Turkish Roll HS ONLY (pesto, sundried tomato, purple onion baby spinach, chicken, tasty cheese - Includes NUTS)	6.00

TASTY TUESDAY

Nachos + Salad (GF)	6.00
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Spud + Nachos sauce & salad (GF)	6.00
Buddha Bowl (Cous Cous with seeds, baby rocket & spinach, zucchini ribbons, purple cabbage, capsicum, corn - Choice of: flame grilled chicken / haloumi / falafels with zesty herb dressing)	7.00

WELLNESS WEDNESDAY

Subs - choice of: cheese / cheese & pineapple / ham, cheese & pineapple	4.00
Buddha Bowl (Cous Cous with seeds, baby rocket & spinach, zucchini ribbons, purple cabbage, capsicum, corn - Choice of: flame grilled chicken / haloumi / falafels with zesty herb dressing)	7.00

THRIFTY THURSDAY

Chicken Burger with salad	6.00
Veggie Burger with salad	6.00
Sm. Hot Dog (Tomato or BBQ Sauce)	3.00
Lge Hot Dog (Tomato or BBQ Sauce)	4.00
Gravy	0.50
Hot Chips (GF)	3.00
Small Hot Chips (GF)	2.00

FREEDOM FRIDAY

Cheeseburger (No Salad)	5.00
Jumbo Cheeseburger (Cheeseburger with Salad)	6.00



Don't forget you can order your lunch each morning before 8.30am at www.munchmonitor.com
username: greenpoint
password: munch2251

REMEMBER: Custom orders incur a 1.00 surcharge per item. Please do not ask for credit as refusal may offend. Please do not ask for service during class & sport time.