



# CANTEEN MENU 2023 (Term1)



## Breakfast

## Available All Day

### TO START THE DAY

Bacon & Egg Muffin	\$5.00
Ham & Cheese Toastie	\$4.50
Cheese & Tomato Toastie (V)	\$4.50
Hash Brown Potato (V)	\$1.00
Pan Cake with Maple Syrup	\$4.00
<b>CEREAL &amp; YOGHURT BOWL</b>	
Coco Pops Sachet 35gm with 100ml milk	\$2.00
Nutri Grain Sachet 35gm with 100ml milk	\$2.00
Hot Chocolate with Milk	\$2.00
Greek Yoghurt with Berries & Muesli (V)	\$5.00
Custard Cup	\$1.00

### Lunch Specials

### WHEN HUNGER STRIKES

#### MONDAY

Crispy Chicken & Chips with sauce (H)	\$8.00
Chicken Stir Fry Noodles	\$7.50
Greek Chicken Yiros (Halal)	\$8.00
Veg Chicken Yiros	\$8.00

#### TUESDAY

Beef Lasagne (Regular) Beef Lasagne (GF)	\$6.50
Veg Lasagne 250gm (V) Cheese Macaroni (V)	\$6.50
Butter Chicken with Rice	\$8.00
<b>Mr Haynes</b> Classic Beef Slider	\$8.50
<b>Mr Haynes</b> Classic Veg Slider (Veg) (GF) (VG)	\$8.50

#### WEDNESDAY

Pizza Hut 1/4 Pizza - Cheese Lover (V)	\$4.50
- BBQ Meat lovers	\$4.50
- Ham & Pineapple	\$4.50
Veg GF or Vege Delight Vegan or BBQ Chicken (Halal)	\$4.50
Bento Box (Sprig roll, Chicken Kragay curry and Rice with veggie pattie and salad)	\$15.00
Spaghetti Bolognese (Halal)	\$8.00
Crispy Chicken wrap with Aioli sauce (H)	\$4.50

#### THURSDAY

Fish & Wedges	\$6.50
Nachos - Chilli Con Carne (H)	\$7.00
Nachos - Vegetarian (V)	\$7.00
Chicken Tikka Masala with Rice (H)	\$8.00

#### FRIDAY

Queenslander Beef Burger (H)	\$7.50
Queenslander Vegetarian Burger (V)	\$7.50
Butter Chicken with Rice(H)(GF)	\$8.00
Beef Burrito Bowl with white Rice & Corn Chips (H) (GF)	\$8.50
Vilis Gourmet Steak Pie (H)	\$5.50

(H) Halal  
(V) Vegetarian  
(DF) Dairy Free  
(VG) Vegan  
(GF) Gluten Free

### SANDWICHES

*Varieties may change daily.*

<b>SANDWICHES</b>	
Tasty Cheese, Avocado & Salad (V) (GF)	\$5.50
Chicken Caesar Sandwich	\$5.50
Egg & Lettuce Sandwich (V)	\$5.50
Ham, Cheese & Tomato Sandwich	\$5.50
<b>BAGEL</b>	
Ham Cheese & Salad Bagel (V)	\$6.00
Fruit Bagel	\$1.50
<b>SUBWAY</b> Every Monday (from \$5.50 to \$9.00)	\$9.00

### TO KEEP YOU WARM

#### Toasted Sandwich, Sub & Turkish Bread

Chicken & Cheese (Halal)	\$4.50
Cheese & Tomato (V)	\$4.50
Ham & Cheese	\$4.50
Hot & Spicy Chicken Sub (H)	\$4.50
Toasted Mediterranean Turkish Bread (V)	\$6.00

### MORE WARM CHOICES

Noodle Cup	\$2.50
Dimsim (V)	\$5.00
Dumplings Pork & Chives	\$5.00
Potato Gems (V)	\$3.20

### SUSHI

Various Choices (Chicken Katsu, Tuna Avo, Prawn Tempura and Avocado)	\$4.00
Sushi Combo Tray (Chicken Teriyaki)	\$8.00
Sushi Combo Tray Tuna avo	\$8.00

### SALADS

Pesto Pasta Salad (V)	\$8.00
Chicken Caesar Salad	\$8.00
Mediterranean Salad (V)(GF)	\$8.00
Vermicillie Asian Salad (V)(Vegan)	\$8.00
Salad Combo Box ( Assorted salad)	\$10.00
Salad Combo Box ( Assorted salad) (V)	\$10.00
Seasonal Fruit Salad (V)	\$4.00
Watermelon Tub (V)	\$4.00

### GRAB N GO (Special dietary requirement)

Chia Pudding with Berries & Muesli (VG)(DF)	\$5.00
Orange & Almond Cake Slice (GF)(DF)	\$4.00
Sliced Banana Bread (V)	\$2.70
Sara Lee Muffins Blueberry (V)	\$2.70
Sara Lee Muffins Chocolate (V)	\$2.70
Protein Health bar varieties (GF)(VG)(NUT FREE)	\$3.50
Cheese & Crackers (V)	\$2.00
Byron Bay Cookie (V)(GF)(VG)(Halal)	\$3.50

### Please note:

My Student Card online Statement provides itemised details of all purchases made on card. Canteen accept Visa, Eftpos, Mastercard, Student card and cash for card recharge.



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## FROM THE FRIDGE

MILK	
Full Cream Milk - 500ml	\$2.20
Full Cream Milk - 1 Ltr	\$3.50
Full Cream Milk - 150ml	\$1.00

FLAVOURED MILK	
Breaka Chocolate - 300ml	\$2.70
Breaka Chocolate - 500ml	\$4.10
Breaka Strawberry - 500ml	\$4.10
Breaka Coffee - 500ml	\$4.10
OAK Vanilla - 600ml	\$4.50
OAK Chocolate - 600ml	\$4.50

ICE COFFEE	
Ice Break Coffee - 500ml	\$4.10
Ice Break Coffee Double shot- 500ml	\$4.10
Ice Break Coffee Low Sugar- 500ml	\$4.10
Ice Break Coffee Mocha- 500ml	\$4.10
Ice Break Coffee Caramel- 500ml	\$4.10

UP & GO 350ml	
Chocolate	\$3.70
Strawberry	\$3.70
Vanilla	\$3.70

UP & GO 500ml	
Chocolate	\$5.00
Strawberry	\$5.00
Vanilla	\$5.00

Speciality Milk	
So Good Soy Milk	\$3.50
Almond Milk	\$4.50
Zymil chocolate or strawberry milk (Lactose free)	\$4.10

## FROM THE FREEZER

Ben & Jerry Choc Chip Cookie Dough 110 ml	\$4.50
Ben & Jerry Choc Fudge Brownie 110 ml	\$4.50
Bulla Frozen yoghurt 200 ml	\$3.00
Paddle pop Icy Twist	\$1.30
Calipo Mini Pineapple & Mango	\$1.30
Cyclone	\$2.50
Calipo Mini Pineapple & Mango	\$1.30
Peter Drum stick	\$2.00
Peter Icy Pole	\$1.30

## LITTLE EXTRAS

STATIONERY	
<i>A range of stationery items are available for purchase from the canteens:</i>	
Pens	\$2.00
Pencils	\$1.00
Erasers	\$1.00
A4 Exercise Books	\$4.00
Protractors	\$1.00
Highlighter	\$4.00
Sharpner	\$1.00

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WATER	
Water - 600ml	\$2.00
Sparkling Water	\$2.20
Water 1.5L	\$3.50

## JUICE & DRINKS

EMMA & TOMS 100% JUICE	
Kick Starter (Pre biotic, Probiotic)	\$4.80
Karma Rama	\$4.80
Cold Pressed Cloudy Apple	\$4.80
Juice Squeezed - Orange	\$4.80
Quencher Raspberry	\$4.80
Green Power	\$4.80

Pauls Juice	
Pauls 100% Orange Juice	\$3.00
Pauls 100% Apple Juice	\$3.00

## LEMONADE, ICE TEAS AND SPARKLING MINERAL WATER

Krazy Lemone Classic 200ml	\$2.50
Krazy Lemone Classic 500ml	\$4.50
Krazy Lemone Strawberry 500ml	\$4.50
Krazy Lemone Ginger 500ml	\$4.50

## WATERFORD SPARKLING WATERS

Raspberry Lite	\$4.00
Apple Berry	\$4.00
Orange/Mango	\$4.00
Passionfruit Lite	\$4.00
Water Melon	\$4.00

## LIPTON ICE TEA 500ml

Peach Light	\$4.00
Lemon	\$4.00
Raspberry	\$4.00
Mango	\$4.00

## COCONUT WATER

H2COCO 300 ml	\$3.50
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## Sports Drink

Powerade Berry 500ml	\$4.50
Powerade Blue Mountaine 500ml	\$4.50
Powerade Lemon 500ml	\$4.50

## OCCASIONAL SNACKS

### RED ROCK DELI CHIPS 28 gm

Honey Soy Chicken	\$2.00
Sea Salt	\$2.00

### SMITHS CHIPS 28 gm

Original	\$2.00
Salt & Vinegar	\$2.00
Grain Waves - Sour Cream & Chives	\$2.00

### DORITOS CORN CHIPS

Cheese Supereme	\$2.00
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### SNAPS - Gluten Free & Vegetarian (GF) (V)

Oregano & Thyme	\$2.00
BBQ	\$2.00
Salsa	\$2.00