

CANTEEN MENU TERM 4 2011

SANDWICHES

egg mayonnaise & salad	\$5.00
tuna mayonnaise & salad	\$5.00
chicken mayonnaise & salad	\$5.00
cheese & salad	\$5.00
smoked salmon, cream cheese & lettuce	\$6.00

TOASTIES: on wholemeal bread

ham, cheese & tomato	\$5.00		
cheese & tomato	\$3.50	cheese & ham	\$4.00
ham	\$3.50	cheese	\$3.00
jam / vegemite	\$2.50		
	gluten free bread	\$1.00 extra	

Raisin Toast \$1.50 per slice

TOASTIES on Turkish, Croissants

cheese, cheese & tomato, ham & cheese \$5.00

added extras (tomato, cucumber, lettuce, etc) .80c each

PANNI'S plain organic \$5.50

check display fridge for what's available

SPECIALS

MONDAY - chicken fingers 50c each

TUESDAY - Beef Nachos, with corn chips & cream \$4.00 OR \$6.00

WEDNESDAY - chicken schnitzel rolls \$5.00

THURSDAY - spinach & ricotta ravioli \$4.00 OR \$6.00

FRIDAY - 100% beef hot dogs w/roll & tomato sauce \$5.00

SALADS: Garden, Tuna, Chicken, Greek, Fruit

small \$4.00 medium \$6.00 large \$7.50

Check deli fridge for other salad specials.

YOGHURT: 98% fat free, with toppings \$4.00

IKU WHOLEFOODS:

rice balls (gf) \$3.50 rice paper roll (gf) \$3.50
sago pudding \$3.00

BAKERY:

banana bread \$3.50 homemade assorted muffins \$3.50
cookies (choc chip, anzac) \$3.50
pretzels \$3.00

DAILY HOT FOODS:

gluten free available upon request \$1.00 extra

Creamy Tomato Pasta with Cheese small \$3.00 medium \$4.50

Plain Pasta small \$2.30 medium \$3.80

Plain Pasta with Cheese small \$2.50 medium \$3.80

SNACKS:

Piranha vege crackers (gf) \$1.00
Mini gingerbread man 50c
Gingerbread man \$3.00
Popcorn salt or BBQ \$1.50

DRINKS:

Parker's organic juice \$3.50
Water \$2.00
Nudie Juices \$3.50
300ml plain milk carton \$2.00 sipper straw 50c

FROZEN

Icy twist \$1.20, Calipo \$1.20, vanilla tubs \$2.00
Wow Cow \$3.00 extra 50c per topping

all menu items subject to availability