



# Made Fresh Canteen Menu



## SANDWICHES (White or Wholemeal Bread)

☒ Vegemite	\$1.50
☒ Jam or honey	\$1.50
☒ Cheese	\$2.00
☒ Lean ham	\$2.50
☒ Cheese & tomato	\$3.00
☒ Lean ham & cheese	\$3.50
☒ Lean ham, cheese & tomato	\$4.00
☒ Salad (lettuce, tomato, carrot, cucumber)	\$4.00
☒ Tuna, lettuce & mayo	\$4.00
☒ Fresh chicken with cheese	\$4.50
☒ Fresh chicken, lettuce & mayo	\$4.50
☒ Fresh chicken & salad	\$4.50
☒ Lean ham & salad	\$4.50



## WRAPS - ROLLS (FOCACCIA extra \$1.00)

☒ Cheese & tomato	\$3.50
☒ Lean ham & cheese	\$4.00
☒ Lean ham, cheese & tomato	\$4.50
☒ Salad (lettuce, tomato, carrot, cucumber)	\$4.50
☒ Tuna, lettuce & mayo	\$4.50
☒ Fresh chicken with cheese	\$5.00
☒ Fresh chicken, lettuce & mayo	\$5.00



## SALADS (All Salads served in 12oz Dome)

☒ Garden salad	\$4.00
☒ Tuna salad	\$4.50
☒ Cheese salad	\$4.50
☒ Lean ham salad	\$4.50
☒ Fresh chicken breast salad	\$5.00
☒ Fresh chicken breast pasta salad	\$5.00
☒ Caesar salad	\$5.00
☒ Fresh chicken avocado salad	\$5.00
☒ Greek salad	\$5.00
☒ Fresh chicken Caesar salad	\$5.00



## SUSHI

☒ Teriyaki chicken with cucumber	\$4.50
☒ Salmon with cucumber	\$4.50
☒ Veggie Tofu, carrot, cucumber (vegan)	\$4.50
☒ Tuna with cucumber	\$4.50



## SNACKS & FROZEN TREATS

☒ Plain or frozen 99% juice small cup	50c
☒ Plain or frozen 99% juice-jelly small cup	50c
☒ Custard small cup	50c
☒ Plain or frozen 99% juice cup	\$1.00
☒ Plain or frozen 99% juice-jelly cup	\$1.00
☒ Frozen diced pineapple cup	\$1.00
☒ Frozen plain milk cup	\$1.00
☒ Frozen 99% quelch fruit juice sticks	\$1.00
☒ Bread sticks x 4	\$1.00
☒ Custard cup	\$1.00
☒ Chocolate custard cup	\$1.50
☒ Frozen orange wedges	\$1.50
☒ Frozen mandarin wedges	\$1.50
☒ Frozen lite milk cup (chocolate, banana, strawberry)	\$1.50
☒ Frozen 99% nippy's juice cup	\$1.50
☒ Sour snap sticks	\$1.50
☒ Frozen grapes cup	\$2.00
☒ Frozen watermelon cup	\$2.00
☒ Ice many freeze pops	\$2.00



## BREAKFAST-RECESS & LUNCH sold at counter

☒ Plain milk cup	\$1.00
☒ Diced pineapple cup	\$1.00
☒ Vegemite or jam or honey toast	\$1.50
☒ Hot chocolate cup	\$1.50
☒ Lite banana milk cup	\$1.50
☒ Lite chocolate milk cup	\$1.50
☒ Lite strawberry milk cup	\$1.50
☒ Fresh cut veggie cup	\$1.50
☒ Fresh grapes cup (seasonal)	\$2.00
☒ Fresh cut watermelon cup	\$2.00
☒ Toasted cheese sub	\$1.50
☒ Toasted cheese & lean ham sub	\$2.00
☒ Fresh diced fruit cup	\$2.00
☒ Tabouleh cup	\$2.00
☒ Corn flakes bowl	\$2.50
☒ Pancakes x2 with honey	\$2.50
☒ Yoghurt (low fat)	\$2.00
☒ Yoghurt & fruit cup	\$2.50
☒ Yoghurt & muesli cup	\$2.50



## FRESH FRUIT

☒ Orange, apple or mandarin	\$1.00
☒ Banana	\$1.50
☒ Orange, apple or mandarin wedges in a cup	\$1.50
☒ Watermelon pieces in a bowl (12oz)	\$3.50
☒ Seasonal fresh fruit salad bowl (12oz)	\$4.00



## MILK - JUICES - DRINKS

☒ Water 400ml	\$1.50
☒ Water 600ml	\$2.00
☒ Milk 300ml (plain)	\$2.50
☒ Popper 99% juice 250ml	\$2.50
☒ Light milk 300ml	\$3.00
☒ UP & GO 250ml	\$3.00



## Everyday Occasional

Gluten Free Bread or Tortilla	extra \$1.00
Gluten Free Focaccia	extra \$1.00
Upsize Salad, Fruit Salad to 200Z	extra \$1.50
<u>Extra fillings</u>	
Shredded or Sliced Cheese	extra \$1.00
Avocado	extra 50c
Beetroot	extra 50c
Sauce or Cutlery	each 30c

All our meat products are Halal certified (excluding pork based products)

## HOT FOOD

☒ Corn cob	\$1.00
☒ Garlic bread	\$1.00
☒ Garlic & cheese bread	\$1.50
☒ Fresh chicken wings x1	\$1.50
☒ Cheese pizza (served on roll)	\$2.50
☒ Mexican quesadilla	\$3.00
☒ Stuffed vine leaves with rice x5	\$3.00
☒ Beef meatball sub with napolitana sauce/cheese	\$4.50
☒ Chicken meatball sub with napolitana sauce/cheese	\$4.50
☒ Plain grilled chicken souvlaki on a roll	\$4.50
☒ Plain grilled chicken souvlaki wrap	\$4.50
☒ Homemade pizza with cheese	\$5.00
☒ Homemade pizza with lean ham & cheese	\$5.50
☒ Homemade hawaiian pizza	\$5.50
☒ Beef lasagne (non halal)	\$5.50
☒ Vegetarian lasagne	\$5.50
☒ Cheeseburger	\$5.50
☒ Aussie lean beef burger lettuce/tomato	\$5.50
☒ Chicken breast fillet burger lettuce & mayo	\$5.50
☒ Tuna pattie burger	\$5.50



## HOMEMADE MENU

### Australian, European, Asian & Mexican Meals

☒ AVAILABLE	Pasta bolognaise	\$4.50
☒ →	Mac & cheese	\$4.50
☒ →	Chicken napolitana pasta	\$4.50
☒ →	Pasta with beef meatballs	\$4.50
☒ EVERY DAY	Pasta with chicken meatball:	\$4.50
☒ Monday	Veggie fried rice	\$4.50
☒ Tuesday	Mexican chicken burrito skillet & rice	\$4.50
☒ Wednesday	Teriyaki chicken stir fry & steamed rice	\$4.50
☒ Thursday	Thai red curry chicken, vegetables & rice	\$4.50
☒ Friday	Chicken hokkien noodles	\$4.50



Gluten Free options available extra \$1.00

## DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

☒ PACK 1	<b>CHEESE SANDWICH</b> Water 400ml + frozen stick or fruit	\$3.50
☒ PACK 2	<b>SALAD SANDWICH</b> Water 400ml + frozen stick or fruit	\$5.50
☒ PACK 3	<b>MEATBALL SUB</b> Water 400ml + frozen stick or fruit	\$6.00
☒ PACK 4	<b>PASTA BOLOGNAISE</b> Water 400ml + frozen stick or fruit	\$6.00
☒ PACK 5	<b>CHICKEN &amp; CHEESE ROLL</b> Water 400ml + frozen stick or fruit	\$6.50
☒ PACK 6	<b>LASAGNE (beef or vegetarian)</b> Water 400ml + frozen stick or fruit	\$7.00

## VEGGIE & OTHER SNACK PACKS

☒ Veggie cup with hommus	\$2.50
☒ Veggie dome (carrots, celery, corn, tomatoes, bread sticks)	\$4.00
☒ Veggie dome with cheese cubes & bread sticks	\$4.50
☒ Veggie dome with fresh chicken Breast & Bread Sticks	\$5.00

## CRUNCH N SIP PACKS

☒ Fresh piece of fruit & water 400ml	\$2.00
☒ Fresh orange/apple wedges & water 400ml	\$2.50
☒ Fresh cut veggie cup & water 400ml	\$2.50
☒ Fresh diced fruit cup & water 400ml	\$3.00

## OCCASIONAL ITEMS AVAILABLE EACH DAY HOT FOOD - SNACKS & DRINKS

☒ Hash brown	\$1.30
☒ Chicken & corn roll	\$1.50
☒ Potato wedges bag	\$2.50
☒ Nachos with salsa & cheese	\$3.50
☒ Noodles cup	\$3.50
☒ Chicken nuggets x5	\$3.50
☒ Chicken or beef hot dog (one free sauce)	\$3.80
☒ Sausage roll (one free sauce)	\$4.50
☒ Meat pie (one free sauce)	\$5.00
☒ Pizza wrap (tomato & olives, bbq chicken)	\$5.50
☒ Crumbed Chicken Burger with lettuce & mayo	\$5.50
☒ Fillet-O-Fish burger with lettuce & mayo	\$6.00
☒ Homemade cookies x1 (freshly made daily)	50c
☒ Gummy bear x3	\$1.00
☒ Popcorn	\$1.00
☒ Jelly cup	\$1.00
☒ Monster noodle snacks ( chicken or bbq)	\$1.30
☒ Jelly & custard cup	\$1.50
☒ Homemade fresh muffins (freshly made daily)	\$1.50
☒ Rice sticks cheese	\$2.00
☒ Vanilla ice cream cup	\$2.00
☒ Grain waves 22g	\$2.50
☒ Red rock deli chips 28g	\$2.50



THIS IS TO CERTIFY THAT

**Made Fresh**

IS A FINANCIAL MEMBER OF THE  
**HEALTHY KIDS ASSOCIATION**

Member ID L083

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CONGRATULATIONS

**Canterbury South  
Public School**

FOR OFFICIALLY OPERATING A  
**GREAT CHOICE  
HEALTHY SCHOOL CANTEEN**

6 November 2019

Jo Mitchell  
Executive Director  
Centre for Population Health

Mr Glenn King  
Deputy Secretary  
Department of Premier and Cabinet



**OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS**