

# Hasty Tasty Canteen Creations

SNACKS		
Arrowroot Biscuit		\$0.10c
Roasted Chickpeas	GF	\$0.20c
Air popped Popcorn	GF	\$0.50c
Hard Boiled Egg	GF	\$0.50c
Fresh Seasonal Fruit	GF	\$0.50c
Apple Cinnamon Bar		\$0.80c
Fresh Fruit Tub	GF	\$1.00
Chocolate Beetroot Brownie		\$1.00
Apple Slinkie	GF	\$1.00
Muffin – <i>Blueberry</i>		\$1.20
Red Rock Chips – <i>Honey Soy / Sea Salt</i>		\$1.20

SANDWICHES - All Sandwiches on Wholemeal Bread		
Buttered Bread <i>2 slices</i>		\$1.00
Vegemite		\$1.50
Tomato and cheese		\$2.00
Ham		\$2.50
Egg and Mayo		\$2.50
Roast Chicken Meat		\$3.00
Salad <i>Lettuce, Tomato, Cucumber, Beetroot, Carrot</i>		\$3.50
B.L.A.T – <i>Bacon, Lettuce, Avocado, Tomato</i>		\$3.50
Sandwich Additions		
Extra Fillings		\$0.30 each
<i>Cheese, lettuce, tomato, cucumber, beetroot or carrot</i>		
Ham or Egg add		\$0.60 each
Chicken add		\$0.80
Toasted add		\$0.50c
Gluten Free Bread add		\$0.50c
Roll or a Wrap add		\$0.50c

HOT FOOD		
Chicken Fingers	<i>each</i>	\$0.60c
<i>(Limit of 6 per order)</i>		
Garlic Bread		\$0.70c
Pasta Bowl	<i>Small</i>	\$1.00
	<i>Large</i>	\$3.00
Wedges	<i>Plain</i>	\$3.00
	<i>With cheese</i>	\$3.50
Spicy Vegetable & Bean Quesadilla		\$3.00
Chicken Tenderloin Wrap with Lettuce & Mayo		
	<i>Small</i>	\$3.00
	<i>Large</i>	\$4.50
Homemade Cheeseburger		\$4.00
<i>Beef pattie, lettuce, tomato, cheese, wholemeal bun</i>		
Spaghetti Bolognese		\$4.50
Chicken Tikka with Rice & Naan Bread		\$4.50
Sauce Sachet		\$0.30c

SALAD BOWLS		
Garden Salad	GF	
<i>Lettuce, Tomato, Cucumber, Beetroot, Carrot</i>		
		\$3.50
Add Ham or Chicken		\$4.50
Dressings - <i>Balsamic, Italian, Caesar</i>		\$0.20c
Warm Teriyaki Chicken Salad Bowl		\$4.50

MINI EXTRAS - For small tummies!		
Chunky Monkey Muffin		\$0.50
Garden Salad	GF	\$1.00
Yoghurt Fruit Cup	GF	\$1.50
Chicken & Vegetable Pasta		\$2.00
Mini Burger & Sweet Potato Wedges		\$2.50

FROZEN		
Orange Quarter	GF	\$0.10c
Pineapple & Coconut Bite	GF	\$0.20c
Raspberry Yoghurt Granola		\$0.50c
Quelsch Stick (varied flavours)		\$1.00
Frozen Fruit Zipsicle	GF	\$1.00
Blueberry Chia Stick	GF	\$1.20

DRINKS		
600ml Water		\$1.00
200ml Plain Milk		\$2.00
Oak Flavoured Milk		\$2.00
<i>Chocolate, Strawberry, Banana</i>		
Milo - <i>Warm or Cold</i>		\$1.00
Milkshakes - <i>lunchtime only</i>	<i>Small</i>	\$2.00
<i>Chocolate, Strawberry, Vanilla</i>		<i>Large</i> \$3.00

## WEEKLY SPECIALS

\*\*\* NOT AVAILABLE FOR PRE ORDER \*\*\*

**CHECK THE NEWSLETTER &  
THE CANTEN NOTICEBOARD  
TO SEE WHAT SPECIALS ARE AVAILABLE  
THROUGHOUT THE WEEK.**

\*\*\* Drinks may be ordered but must be picked up from the canteen by presenting lunch order bag

\*\*\* Please add 5c when lunch order is not written out on a paper bag.