CAMPUS CANTEEN right bite MENU 2022

PLEASE PRINT ME AND STICK ME ON YOUR FRIDGE!

Canteen Manager: David Rismondo **Phone (Campus Office):** 8270 3077

Online Orders can be made through the QKR app (orders must be received by 9:15am)

All foods have been carefully selected to meet the 'Rite Bite' guidelines. Rite Bite colour codes are Green and Amber. These are indicated in the menu below by the headings. **GREEN foods** are the best everyday choices. These foods are excellent sources of nutrients and typically reflect the five food groups. **AMBER foods (select carefully)** These items are mainly processed foods that have had some fat, sugar or salt added to them.

SANDWICHES/WRAPS/SALADS/BAGUETTE

GF Options available, Rolls and Bread no extra cost

Salad Sandwich $ 3.50
Carrot, cucumber, tomato and mixed lettuce
(add cheese or vegan mayo for $0.50)

Roast Chicken and Salad Sandwich $ 4.00
Canteen roasted chicken, carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo
TRY IT IN A WRAP for $1.00

Ham and Salad Sandwich $ 4.00
Shaved Virginian ham, carrot, cucumber, tomato, mixed lettuce and cheese
TRY IT IN A WRAP for $1.00

Wholemeal Garden Salad Wrap $ 3.50
Mixed lettuce, cucumber, tomato, carrot

Garden Salad $ 3.50
Mixed lettuce, tomato, cucumber, carrot (V) (VG) (GF)
ADD ROAST CHICKEN OR BEEF for $1.50

Roast Beef and Salad Sandwich $4.00
Canteen roasted beef, carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo
TRY IT IN A WRAP for $1.00

Tuna and Salad Sandwich $4.00
Tuna, mixed lettuce, carrot, cucumber, tomato and vegan mayo
TRY IT IN A WRAP for $1.00

Campus ½ Baguette or ¼ Baguette From $2.20
Any choice of meat, chicken beef or tuna, and your choice of salad, mixed lettuce, tomato, cucumber, carrot
ADD cheese and mayo for an extra $1.00

SANDWICHES

Ham and Cheese (toasted) $ 2.50

Cheese (toasted) $ 2.50

Vegemite and Butter Sandwich $1.50
ADD CHEESE for $0.50

Add Cucumber, Carrot, Tomato or Mixed Lettuce *$0.60*
Add Roast Chicken, Ham, Roast Beef and Tuna *$1.50*

HOT FOODS

MRS MAC Meat Pie (Lite n Up) $ 5.00

MRS MAC Sausage Roll (Lite N Up) $ 3.50

Hot Dog (with/without sauce) *GF option from $ 4.00

Half Hot Dog (with/without sauce) from $ 3.00

Chicken Nuggets (6) GF $ 4.00

Chicken Nuggets (3) GF from $ 2.50

Potato Gems (10) GF $ 3.50

Garlic Bread (4 Slices) $ 2.50

Tomato (GF) or BBQ sauce $0.50

SNACKS/DRINKS

Bananas and Apples $ 1.00

DRINKS

Oak flavored Skim Milk (chocolate/strawberry) $2.50

Harvey Fresh Juice (apple/orange/apple-blackcurrant) $2.00

Spring Water $2.00

SNACKS

Red Rock Chip $ 1.50

Cheese and Crackers $ 1.00

Cobs Natural Popcorn $ 1.00

Fresh Banana Bread $ 2.00
(Canteen baked banana breadonly served over the counter in the canteen, days vary)

Carrot and Cucumber sticks with Hummus $3.00

ICED TREATS Amber/Green

Moosie's (strawberry and chocolate) $2.00

Tassie Juicies 100% Juice (lemon, wildberry and tropical) $ 1.50

Zooper Doopers (assorted flavours) $ 0.50

Everest Dixie Cup (GF) (strawberry and vanilla) $1.00

FOOD ALLERGIES – Please be aware that while all care is taken when catering for specific dietary requirements, it must be noted that within our canteen we also handle products containing sesame seed, wheat and dairy. Customer requests will be catered for to the best of our ability however, the decision to purchase and consume our meals does ultimately remain the responsibility of the parent and student. Please note: We do have a variety of Gluten Free and Vegetarian options listed.

CAMPUS CANTEEN

right bite MENU 2022

PLEASE PRINT ME AND STICK ME ON YOUR FRIDGE!

Canteen Manager: David Rismondo **Phone (Campus Office):** 8270 3077

Online Orders can be made through the QKR app (orders must be received by 9:15am)

All foods have been carefully selected to meet the 'Rite Bite' guidelines. Rite Bite colour codes are Green and Amber. These are indicated in the menu below by the headings. **GREEN foods** are the best everyday choices. These foods are excellent sources of nutrients and typically reflect the five food groups. **AMBER foods (select carefully)** These items are mainly processed foods that have had some fat, sugar or salt added to them.

TUESDAY SUSHI DAY

Cooked Tuna Avocado Roll (GF) $2.60
Sushi rice, seaweed paper, cooked tuna, vegan mayo, and avocado

Crispy Chicken Lettuce Roll $2.60
Sushi Rice, seaweed paper, coz lettuce, crispy chicken

Cucumber Sushi Roll (GF) $2.50
Sushi rice, seaweed paper, vegan mayo, cucumber

Teriyaki Chicken Avocado Roll (GF) $2.60
Sushi rice, seaweed paper, teriyaki chicken, avocado

Teriyaki Chicken Cucumber Roll (GF) $2.60
Sushi rice, seaweed paper, teriyaki chicken, avocado

GF Soy sauce $0.20

Thursday and Friday Pizza Day

Pepperoni $4.80

Ham and Pineapple $4.80

Ham and Cheese (GF available) $4.80

Margherita (GF available) $4.80

Cheese $4.80

New item's to be added soon

Canteen Made Penne Bolognaise **$4.50**
(GF option available)

Canteen Made Penne Napolitana, **$4.50**
(GF option available)

Canteen Made Butter Chicken **$4.50**
(GF) (add a Mini Naan for $1.00)

Vege Fried Rice (GF), Allied Chef **$4.00**

2 Minute Rice Noodle Cups, Chicken (GF) **$2.80**

Cheese Burger Slider (canteen made patty) **$3.50**

Jumbo Vege Spring Rolls **$2.80**

Special Dietary Foods, Coming Soon

Quorn Plant Based Nuggets **$3.50**
Yumi's Sweet Potato Bite's **$3.50**
Nature's Kitchen Meat Free Sausage's **$2.80**
(add hot dog roll $1.50 or piece of bread $1.00, sauce $0.50c, GF Bread Available $1.00)

FOOD ALLERGIES – Please be aware that while all care is taken when catering for specific dietary requirements, it must be noted that within our canteen we also handle products containing sesame seed, wheat and dairy. Customer requests will be catered for to the best of our ability however, the decision to purchase and consume our meals does ultimately remain the responsibility of the parent and student. Please note: We do have a variety of Gluten Free and Vegetarian options listed.