



CAMPUS CANTEEN MENU 2024

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. (Please note Recess is to be picked up in the Canteen at Recess time, Lunch is to be picked up via the Canteen in there class box).

SANDWICHES/WRAP/SALADS/BAGUETTE	SANDWICHES/TOASTED
GF Options available, Rolls and Bread no extra cost	
Salad Sandwich \$ 4.50 <i>Carrot, cucumber, tomato and mixed lettuce (add cheese or vegan mayo for \$0.50)</i>	Ham and Cheese \$ 4.00 <i>(toasted)</i>
Roast Chicken and Salad Sandwich \$ 5.00 <i>Canteen roasted chicken, carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo</i>	Cheese \$ 3.50 <i>(toasted)</i>
Ham and Salad Sandwich \$ 5.00 <i>Shaved Virginian ham, carrot, cucumber, tomato, mixed lettuce and cheese</i>	Vegemite \$ 3.00
Wholemeal Garden Salad Wrap \$ 5.00 <i>Mixed lettuce, cucumber, tomato, carrot</i>	Butter Sandwich \$ 2.50 <i>ADD CHEESE for \$0.50</i>
Garden Salad \$ 4.50 <i>Mixed lettuce, tomato, cucumber, carrot (V) (VG) (GF) Add roast chicken OR ham for \$1.50</i>	<i>Add cucumber, carrot, tomato or mixed lettuce</i> \$ 0.60 <i>Add roast chicken, ham, roast beef and tuna</i> \$ 1.50
Chicken and Salad Wrap \$ 5.50 <i>Roast chicken, carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo</i>	GF Roll \$ 3.50
Tuna and Salad Sandwich \$ 5.00 <i>Tuna, mixed lettuce, carrot, cucumber, tomato and vegan mayo</i> <i>TRY IT IN A WRAP for \$1.00</i>	HOT FOODS
Ham and Salad Wrap \$ 5.50 <i>Virginian ham, carrot, cucumber, tomato, cheese, mixed lettuce and vegan mayo</i>	MRS MAC Meat Pie (Lite n Up) \$ 5.00
Falafel Wrap \$ 5.50 <i>Falafel, tomato, cucumber, mixed lettuce, onion and Hummus dressing</i>	MRS MAC Sausage Roll (Lite N Up) \$ 4.50
	Hot Dog (with/without sauce) from \$ 4.00 <i>(Gluten Free Hot Dog Roll, also Available)</i>
	Half Hot Dog (with/without sauce) from \$ 3.50
	Chicken Nuggets (6) (GF) \$ 4.50
	Chicken Nuggets (3) (GF) from \$ 3.50
	Garlic Bread (4 Slices) \$ 4.00
	Steamed Pork and Chive Dumpling's \$ 5.00
	Tomato (GF) or BBQ sauce \$ 0.50

SNACKS/DRINKS	SNACKS	ICED TREATS Amber/Green
Bananas and Apples \$ 1.50	Red Rock Chips \$ 1.50	Moosie's \$ 2.00 <i>(strawberry and chocolate)</i>
	Cheese and Crackers \$ 2.00	Tassie Juicies 100% Juice \$ 1.50 <i>(lemon, wildberry and tropical)</i>
DRINKS	Carrot and Cucumber sticks with Hummus (GF) \$ 3.50	Zooper Doopers \$ 0.50 <i>(assorted flavours)</i>
Oak flavored Skim Milk <i>(chocolate/strawberry)</i> \$ 2.50	Watermelon Cup \$ 3.50	
Harvey Fresh Juice <i>(apple/orange/apple-blackcurrant)</i> \$ 2.00	Banana Bread \$ 2.00	
Spring Water \$ 2.00	Fruit Juice Slushie \$ 2.00	
Groove (Grape or Watermelon) \$ 2.50	<i>100% Fruit Juice assorted flavours (available for recess time on QKR, also available in the canteen for recess and lunch)</i>	

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.



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Try Something New Amber/Green		Grilled Wraps/Pockets	
Macaroni Bolognaise (Canteen Made)	\$ 5.50	Ham and Cheese Grilled Wrap	\$ 4.00
Butter Chicken (Canteen Made)	\$ 5.50	Chicken and Cheese Grilled Wrap	\$ 4.00
Mac and Cheese Delight (Canteen Made) Made with veg in cheese sauce	\$ 5.50	Chicken, Spinach, Tomato and Cheese Grilled Wrap	\$ 5.00
Campus Rainbow Salad Lettuce, corn, tomato, cucumber, carrot, corn chips and natural yoghurt (GF) Add Avocado for \$1.00 extra	\$ 5.00	Ham, Spinach, Tomato, and Cheese Grilled Wrap	\$ 5.00
Falafel Salad Grilled Falafel, cherry tomato, cucumber, carrot, mixed lettuce and Spanish onion with a creamy hummus dressing	\$ 5.00	Ham and Cheese Pitta Pocket	\$ 4.00
Sweet Potato Bite's	\$ 4.50	Chicken and Cheese Pitta Pocket	\$ 4.00
		Tuna, Lettuce and Mayo Pitta Pocket	\$ 4.00
		Grilled Falafel Wrap, Tomato, Spinach	\$ 4.00
		Special Dietary Foods	
		Nature's Kitchen Plant Based Nuggets	\$ 4.50
		Sweet Potato Bite's	\$ 4.50
		GF Roll available	From \$ 1.50
		GF Bread available	From \$ 1.50
		Chicken Nuggets (6) (GF)	\$ 4.50
		Chicken Nuggets (3) (GF)	From \$ 3.50

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