



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 - Daily	SANDWICHES/TOASTED - Daily
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 (toasted)
Roast Chicken or Beef Salad Sandwich \$5.00 <i>Carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo</i>	Cheese \$3.50 (toasted)
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>
Chicken or Beef Salad Wrap \$5.50 <i>Carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo</i>	Add Cucumber, Carrot, Tomato or Mixed Lettuce \$0.60
Tuna and Salad Sandwich \$5.00 <i>Tuna, mixed lettuce, carrot, cucumber, tomato And vegan mayo TRY IT IN A WRAP for \$1.00</i>	Add Roast Chicken, Ham, and Tuna \$1.50
Ham and Salad Wrap \$5.50 <i>Virginian Ham, carrot, cucumber, tomato, cheese, Mixed lettuce and vegan mayo</i>	GF Roll \$3.50
Falafel Wrap \$5.50 <i>Falafel, tomato, cucumber, mixed lettuce, onion and Hummus dressing</i>	HOT FOODS - Daily
Tuna and Salad Wrap \$5.00 <i>Tuna, mixed lettuce, cucumber and mayo</i>	Macaroni Bolognese \$5.00 (Canteen Made)
	Butter Chicken \$5.00 (Canteen Made)
	Pork and Chive Dumplings \$4.50
	Vegetable Fried Rice \$5.00 (Canteen Made)
	Roast Chicken Fried Rice \$5.00 (Canteen Made)
	Sweet Potato Bites \$4.50
	Grilled Corn on the Cob \$4.00 <i>1 whole cob (2 pieces) Served with Mayo or Salsa</i>
	Chicken Nuggets (6) (GF) \$4.50
	Chicken Nuggets (3) (GF) from \$3.50
	Garlic Bread (Vegan) \$4.00
	Tomato (GF) or BBQ sauce \$0.50

Fruit	SNACKS	Amber/Green	ICED TREATS	Amber/Green
Bananas and Apples \$1.50	Red Rock Chips \$1.50		Moosies \$2.00 (strawberry and chocolate)	
	Cheese and Crackers \$2.50		Tassie Juicies 100% Juice \$1.50 (lemon, wildberry and tropical)	
	Carrot and Cucumber sticks with Hummus (GF) \$3.50		Zooper Doopers \$0.50 (assorted flavours)	
DRINKS	Banana Bread \$2.00		Everest Dixie Cup \$1.00	
Flavored Skim Milk \$2.50 (chocolate/strawberry)	Fruit Juice Slushie \$2.00 100% Fruit Juice assorted flavours (available for recess time on QKR, also available in the canteen for recess and lunch)			
Prima Fresh Juice \$2.00 (apple/orange/apple-blackcurrant)				
Spring Water \$2.00				
Groove \$2.50 Watermelon				

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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Salads		Grilled Wraps/Pocket	
Garden Salad (GF)	\$4.50	Ham and Cheese	\$4.00
<i>Mixed Lettuce, tomato, cucumber, carrot (V) (VG) (GF)</i>		Roast Chicken and Cheese	\$4.00
<i>ADD ROAST CHICKEN OR Ham for \$1.50</i>		Roast Chicken, Spinach, Tomato and Cheese	\$5.00
Campus Rainbow Salad (GF)	\$4.50	Roast Beef and Cheese	\$4.00
<i>Corn Chips, Corn, Black Beans, Salsa, Carrot, Cucumber and Cheese, with mayo</i>		Roast Beef, Spinach, Tomato and Cheese	\$5.00
Roast Chicken Noodle Salad (GF)	\$4.50	Ham, Spinach, Tomato, and Cheese	\$5.00
<i>Chicken, Vermicelli Noodles, Carrot, Cucumber and crispy shallots in a Thai dressing.</i>		Mexican Beef, Black Beans, Spinach, Corn and Cheese and Salsa – Mild	\$5.00
Falafel Salad	\$4.50	Mexican Chicken, Black Beans, Spinach, Corn Cheese and Salsa - Mild	\$5.00
<i>Falafel's, spinach, tomato, cucumber, carrot with a hummus and mayo dressing</i>		Falafel, Cheese, Tomato, Spinach and Hummus	\$5.00
Avocado Salad	\$4.50	Plain Cheese	\$4.00
<i>Avocado, Spinach, Tomato, Corn, Black Beans Carrot and Cucumber</i>		Vegetarian, Tomato, Spinach, with or without cheese	\$4.00
		Ham and Cheese Pitta Pocket	\$4.00
		Chicken and Cheese Pitta Pocket	\$4.00
SPECIAL DAYS – Thursdays & Fridays		Special Dietary Foods	
<u>Thursday</u>		Nature's Kitchen Plant Based Nuggets	\$4.50
Mrs. Mac Pie	\$5.00	Sweet Potato Bite's	\$4.50
Mrs. Mac Sausage Roll	\$4.50	GF Roll available	From \$1.50
Vege Pasty	\$5.00	GF Bread available	From \$1.50
<u>Friday</u>		Chicken Nuggets (6) (GF)	\$4.50
Hot Dog w Sauce or Without	from \$4.00	Chicken Nuggets (3) (GF)	From \$3.50
Half Hot Dog w Sauce or Without	from \$3.50		
Tomato (GF) or BBQ sauce	\$0.50		

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