

CANTEEN MENU

Chef's Specials

MONDAY

Chicken Teriyaki Noodles **\$8.50**

[nf] v option available

Roasted Teriyaki chicken with Hokkien noodles tossed in sweet and tasty Teriyaki sauce, & fresh cucumbers with tender edamame on the side

TUESDAY

Greek Chicken Souvlaki **\$8.50** with Tzatziki

[hf]

Roasted chicken with traditional Greek salad on a warm pita bread, drizzled with refreshing tzatziki sauce

WEDNESDAY

Pizza Margherita **\$5.80**

[v]

Herbed pizza bread topped with tomato passata, shredded mozzarella, and creamy fior di latte, baked in all its goodness, then garnished with fresh sweet basil.

ADD garlic bread **+\$3.20**

THURSDAY

Oriental Rice Bowl **\$8.50**

v option available

A flavourful hot rice mix with mixed vegetables, fluffy eggs, crispy bacon, and Oriental seasonings

FRIDAY

Classic Beef Burger **\$8.80**

[hf] v options available

With gourmet beef patty, cheddar cheese slice, fresh cos lettuce, and aioli, all in a soft and airy milk bun

HEALTH RATING SYSTEM



Great foods for daily consumption balanced item of Energy, Vitamins & Minerals



Select carefully energy-based item / combine with a green item for minerals & vitamins



Only available on special days twice per term, large portion treat foods (Cupcakes/Sweet Pastries)

CANTEEN MENU

MORNING SNACKS

Freshly Baked Croissant

Fr \$4.00

OPTIONS Ham & cheese | Fruit jam | Honey

Bacon and Egg Muffin

\$8.50

Warm English muffin, bacon, egg, cheddar cheese

Blueberry Bagel with Cream Cheese [v]

\$6.50

Banana Bread [v]

\$5.00

Chocolate Banana Bread

\$6.50

Hash Browns [v, df, hf]

\$3.00

Freshly Baked Muffins

\$4.50

Strawberry Coconut & Cocoa Chia Pudding \$5.00

Yoghurt Pot

\$4.50

Strawberry milo

Melon Cup

\$5.00

Fresh cut watermelon

CANTEEN MENU

EVERYDAY LUNCHTIME

Twisted Pasta Bolognese [df, v & vg optional]	\$8.50
Delicious Butter Chicken [gf, hf]	\$8.50
Oishi Rice Special (veg. rice special) [df, v & vg optional]	\$6.50

EVERYTHING BREAD

See display for simple toasties on white, sourdough or Turkish bread

Pepperoni Pesto Grilled Cheese Toastie [hf, df]	\$8.50
smokey pepperoni, fresh sliced tomatoes, drizzled with pesto mayo, and topped with melted cheese	

Bagels

Blueberry Bagel with Cream Cheese [v]	\$6.50
Cheezy Bagel with ham, cheese, lettuce & tomato	\$8.00

Wraps

Roasted Sesame Tofu Wrap [vg]	\$8.50
A savoury vegetarian wrap with fried tofu, crunchy coleslaw dressed in roasted sesame dressing	
Crispy Chicken Wrap	\$8.50
A protein filled wrap with crispy chicken, crunchy coleslaw, cos lettuce topped in a ranch dressing	

CANTEEN MENU

SALADS

Classic Caesar Salad with Chicken v available **\$8.50**

A traditional Caesar salad with chopped cos lettuce, homemade croutons, crispy bacon, parmesan cheese, and roasted chicken, all in a classic Caesar dressing.

Chicken Basil Penne **\$8.50**

Penne pasta with chicken, celery, sun dried tomatoes, parsley in a creamy basil mayonnaise

Japanese Sesame Rice Salad [nf] **\$8.50** **with Crispy Chicken**

black rice salad with white quinoa, crunchy carrot, edamame, corn and herbs, in an apple cider and honey dressing, with crispy chicken schnitzel.

PASTRIES & SNACKS

Baby Beef Pies (2) **\$5.20**

Snack Sausage Rolls (2) **\$5.20**

Vegetarian Spring Rolls (3) [v] **\$4.50**

Popped Chicken (10) [hf] **\$4.50**

Buttery Garlic Bread [v] **\$3.20**

Chocolate Mousse **\$3.00**

Hash Browns [v, df, hf] **\$3.00**

**Grab a coffee,
chai or hot
chocolate.**

Don't forget to
stamp your loyalty
card!