

# 2024 Canteen Menu

## HOT MEALS

LASAGNE	\$5.50
MAC & CHEESE	\$5.50
SPAGHETTI BOLOGNESE	\$5.50
BUTTER CHICKEN & RICE	\$5.50
MEATBALL & CHEESE SUB	\$5.50
CUP OF NOODLES	\$3.00
CHICKEN or BEEF	
HOT DOG W/- SAUCE	\$3.20
ADD CHEESE (+\$.0.30)	\$3.50
SAUSAGE ROLL	\$4.20
MEAT PIE	\$4.70
SAUCE	\$0.50

## HOT SNACKS

HASH BROWN	\$1.50
HALF GARLIC BREAD	\$2.20
MINI PARTY PIE	\$1.50
CORN COB	\$1.50
FISH FINGER	\$1.50ea
CHEESE & BACON ROLL	\$2.80
CHICKEN NUGGETS	\$1.00ea

## BURGERS

BEEFY BURGER	\$5.50
SHNITTY BURGER	\$5.50
OCEAN CATCH BURGER	\$5.50
VEGGIE BURGER	\$5.50

## TOASTIES

CHEESE	\$3.20
CHEESE & TOMATO	\$3.50
SPAGHETTI	\$3.50
BAKED BEANS	\$3.50

## PIZZA

CHEESE	\$4.80
HAM & CHEESE	\$5.00

## GLUTEN FREE

NUGGETS / FISH BITES	\$2.00ea
PARTY PIES	\$2.00ea
SAUSAGE ROLL	\$2.00ea
NOODLES BEEF / CHICKEN	\$4.00
* SANDWICH / ROLL	\$1.00

# Everyday

MEAL  
DEAL

## STEP 1 - CHOOSE A MAIN

PIZZA	\$7.80
BURGER	\$7.80
WRAP / ROLL / SANWICH	\$7.80
SALAD BOWL	\$7.80
TOASTIES	\$7.20

## STEP 2 - CHOOSE A SNACK

FRUIT	
FRESH POPCORN	
FREEZY POP / TNT ICEBLOCK	
JELLY CUP	

## STEP 3 - CHOOSE A DRINK

## SMOOTHIES

FULL CREAM, SKIM, LACTOSE FREE

BANANA & HONEY	\$4.00
BANANA, HONEY, YOGURT, MILK	
STRAWBERRY	\$4.00
STRAWBERRY, YOGURT, MILK	

## Specials

**RICE PAPER ROLLS (2 PACK)**  
Incl. SWEET CHILLI OR SOY SAUCE

**VEGETARIAN**  
VERMICELLI NOODLES, CARROTS, LETTUCE, CUCUMBER

**CHICKEN**  
VERMICELLI NOODLES, ROAST CHICKEN, CARROTS, LETTUCE, CUCUMBER

**TUNA**  
VERMICELLI NOODLES, TUNA, CUCUMBER, MAYO

**\$6.00 \*ONLY THURSDAY & FRIDAYS**



Healthy Hub Canteen

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## SANDWICH / ROLL

**WHITE, WHOLEMEAL OR GLUTEN FREE\***

VEGEMITE / JAM / HONEY	\$2.00
Toasted optional.	
CHEESE	\$3.00
HAM	\$3.00
EGG – PLAIN OR CURRIED	\$3.20
SALAD	\$3.50
(LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT)	
CHEESE & TOMATO	\$3.20
CHICKEN & CHEESE	\$4.00
CHICKEN, LETTUCE, MAYO	\$4.50
HAM & CHEESE	\$4.00
HAM, CHEESE & SALAD	\$4.20
TUNA	\$3.50
TUNA & SALAD	\$4.00

## FRESH WRAPS

**WHITE, WHOLEMEAL**

CHICKEN CAESAR	\$5.50
COS LETTUCE, CHICKEN, EGG, CHEESE, CAESAR DRESSING	
CHICKEN BREAST SCHNITZEL	\$5.50
CHICKEN SCHNITZEL, LETTUCE, MAYO	
CHICKEN & SWEET CHILLI	\$5.50
CHICKEN TENDER, LETTUCE, SWEET CHILLI SAUCE	
HAM & SALAD	\$5.50
HAM, LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT	
SALAD	\$5.50
LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT	
TOASTED PIZZA	\$5.50
PIZZA SAUCE, CHEESE, HAM, PINAPPLE	

## SALAD BOWLS

GREEN SALAD	\$5.00
MIXED LETTUCE, TOMATO, BEETROOT, CARROT, CUCUMBER	
CHICKEN SALAD	\$6.00
ROAST CHICKEN + GREEN SALAD	
SWEET CHILLI CHICKEN SALAD	\$6.00
CHICKEN TENDERS, SWEET CHILLI SAUCE + GREEN SALAD	
HAM SALAD	\$6.00
HAM + GREEN SALAD	
TUNA & SALAD	\$6.00
TUNA + GREEN SALAD	
EXTRAS (each)	\$1.50
CHEESE, CHICKEN, EGG ETC	
DRESSINGS WITH YOUR SALAD	\$FREE
FRENCH, BALSAMIC, ITALIAN, CAESAR, SWEET CHILLI, MAYO	

## SNACKS

BREADSTICKS – PLAIN OR PIZZA	\$0.20
CHINESE RICE CRACKER	\$0.20
GRAINWAVES SOUR CREAM & CHIVES	\$1.50
RICE SNAPS	\$1.50
NOODLE SNACKS	\$1.00
POPCORN CUP	\$0.50
MILO ENERGY BAR	\$1.80
PIKELETS (X2)	\$1.80
(INCL HONEY, JAM OR MAPLE SYRUP)	

## FRUIT OR YOGURT

FRESH FRUIT	\$1.50
SLINKY APPLE, ORANGE, BANANA	
WATERMELON CUP	\$2.50
SEASONAL AVAILABILITY	
STRAWBERRY CUP	\$2.50
SEASONAL AVAILABILITY	
GRAPE CUP	\$2.50
SEASONAL AVAILABILITY	
FRUIT SALAD	\$4.00
FRUIT SALAD W/- YOGURT	\$4.50
VANILLA YOGURT	\$2.50
DIET JELLY	\$1.50

## DRINKS

LIGHT FLAVOURED MILK	\$3.00
PLAIN MILK	\$2.00
UP & GO	\$3.50
BANANA, CHOCOLATE, OR STRAWBERRY	
HOT CHOCOLATE	\$2.00
250ML WATER	\$2.00
600ML WATER	\$2.50
CHILL J 100% SPARKLING FRUIT DRINK	\$3.00
GRAPE	
POPPER	\$2.20
ORANGE, APPLE OR TROPICAL	
JUICE BOMB	\$3.00
WATERMELON, BLACKCURRANT, APPLE RASPBERRY	
GLEE SPARKLING FRUIT DRINK	\$3.00
TROPICAL OR BUBBLEGUM	
MONY DRINK	\$3.00
ICE BLUE OR ICE PINK	

## FROZEN SNACKS

TNT SOUR ICEBLOCK	\$1.00
BLUE RASPBERRY OR RASPBERRY BLAST	
TNT FREEZY POP	\$1.00
RASPBERRY	
ICE MONY	\$1.00
SOUR BLUE RASPBERRY OR RASPBERRY	
SNAP STIX	\$1.00
SOUR BLUE, SOUR GRAPE, PINEAPPLE	
ZOOPER DOOPERS	\$1.00
FROZEN JUICE CUPS	\$1.50



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