



Made Fresh Canteen Menu 2018

SANDWICHES

	(H) Vegemite	\$1.00
	(H) Cheese	\$2.00
	(H) Cheese & Tomato	\$2.50
	(H) Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.00
	(H) Tuna, Lettuce & Mayo	\$4.00
	(H) Chicken Breast & Mayo	\$4.00
	(H) Chicken, Lettuce & Mayo	\$4.50
	(H) Chicken, Cheese & Mayo	\$4.50
	(H) Chicken Salad	\$4.50
	Lean Ham & Cheese	\$3.50
	Lean Ham, Cheese & Tomato	\$4.00
	Lean Ham Salad	\$4.50



Any extra fillings charged at 0.50c per item
Change to a Wrap or Roll add \$1.00

FRESH FRUIT

	Oranges, Apples & Seasonal Fruits	\$1.00
	Fresh Veggie Diced Cup	\$1.50
	Fresh Fruit Cup	\$2.00
	Fruit Pieces (Plain-Frozen)	\$2.00
	Seasonal Fresh Fruit Salad (12oz)	\$4.00



BREAKY MENU

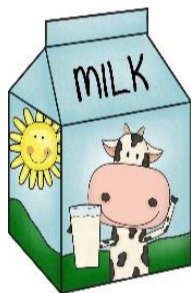
	(H) Vegemite toast	\$1.00
	(H) Hash Brown	\$1.00
	(H) Hot Chocolate (8 Oz)	\$1.50
	(H) Homemade Fresh Muffins (all day)	\$1.50
	Fresh Fruit Cup	\$2.00
	(H) Toasted Cheese Sub	\$2.00
	(H) Pancakes	\$2.50
	Homemade Cheese & Lean Bacon Roll	\$2.50



DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.50

	(H) PACK 1: CHICKEN NUGGETS (4)	
	Popper250ml or Water600ml + Popcorn or Jelly	\$5.00
	(H) PACK 2: WEDGES	
	Popper250ml or Water600ml + Popcorn or Jelly	\$5.00
	(H) PACK 3: BEEF or CHICKEN HOT DOG	
	Popper250ml or Water600ml + Popcorn or Jelly	\$5.50
	(H) PACK 4: GARDEN or CHEESE SALAD	
	Popper250ml or Water600ml + Popcorn or Jelly	\$5.50
	(H) PACK 5: PASTA BOLOGNESE	
	Popper250ml or Water600ml + Popcorn or Jelly	\$6.00
	(H) PACK 6: CHICKEN SALAD SANDWICH	
	Popper250ml or Water600ml + Popcorn or Jelly	\$6.00
	(H) PACK 7: PASTA with MEATBALLS	
	Popper250ml or Water600ml + Popcorn or Jelly	\$6.00
	(H) PACK 8: MEATBALL SUB	
	Popper250ml or Water600ml + Popcorn or Jelly	\$6.00



"We are building a healthier Generation"

Made Fresh follows the Standards from NSW Department of Education - Healthy School Canteens Strategy
<https://healthyschoolcanteens.nsw.gov.au/>

Everyday Food
Occasional Food



SALADS (All Salads served in 12oz Dome)

	(H) Garden Salad	\$4.00
	(H) Cheese Salad	\$4.00
	(H) Tuna Salad	\$4.00
	(H) Caesar Salad (with NO egg for students)	\$4.00
	(H) Fresh Chicken Caesar Salad (with NO egg for students)	\$4.50
	(H) Fresh Chicken Pasta Salad	\$4.50
	(H) Fresh Chicken Breast Salad	\$4.50
	Lean Ham & Cheese Salad	\$4.50



Upsize Salad from 12oz to 20oz Dome extra \$1.50
Beetroot, Cheese or Avocado just add 0.50c each

HOMEMADE MEALS & HOT FOOD (ONE cooked each day)

	(H) Pasta Bolognaise	\$4.50
	(H) Pasta with Meatballs	\$4.50
	Pasta Carbonara	\$4.50
	(H) Mac & Cheese	\$4.50
	(H) Creamy Chicken with Pasta	\$4.50
	(H) Curry Chicken with Rice	\$4.50
	(H) Chicken Hokkien Noodles	\$4.50
	(H) Sweet Chilli Chicken Pasta	\$4.50
	(H) Chicken Hokkien Noodles	\$4.50
	(H) Jacket (Baked) Potatoes	\$4.50
	(H) Veggie Fried Rice	\$4.50
	Mini Sausage Roll or Mini Party Pie	\$1.00
	(H) Garlic Bread	\$1.00
	(H) Nachos	\$2.50
	(H) Chicken Nuggets (4)	\$3.00
	(H) Wedges Cup or Noodles Cup	\$3.50
	(H) Hot Dog (Beef or Chicken)	\$3.50
	(H) Large Pie or Sausage Roll (one free sauce)	\$4.50
	(H) Meatball Sub	\$4.50
	(H) Chicken Nuggets (6)	\$4.50
	(H) Pizza Cheese (Margherita)	\$5.00
	(H) Grilled Chicken Souvlaki on a Roll	\$5.50
	(H) Fresh Grilled Chicken Fillet Burger	\$6.00
	(H) Aussie Beef Burger with Cheese	\$5.50
	Lasagne	\$5.50
	(H) Sushi (available once per week)	from \$4.00



Extra sauce 0.30c

MILK - JUICES & DRINKS

	(H) Plain Milk Cup	\$1.00
	(H) Flavoured Milk Cup	\$1.50
	Water 350ml	\$1.50
	(H) 100% Popper	\$2.00
	Water 600 ml	\$2.00
	Disney Fruit Drinks	\$2.00
	(H) Milk (Flavoured)	\$2.80
	(H) 100% Juices (Orange, Orange-Mango, Apple)	\$3.50



ICY TEMPTERS - SNACKS & YOGHURT

	Sumo Cookies or Cookies X 2	\$1.00
	Zooper Dooper	\$1.00
	(H) Popcorn	\$1.00
	(H) Jelly Cup (Plain or Frozen)	from \$1.00
	Assorted Snacks-Chips	from \$1.30
	(H) Custard Cup	\$1.50
	(H) Custard & Jelly Cup	\$1.50
	Frozen Juice Cup	\$1.50
	(H) Dip with Wholegrain Crackers	\$2.00
	(H) Dip with Wholegrain Crackers & Celery	\$2.30
	(H) Dip with Wholegrain Crackers & Carrots	\$2.30
	Assorted Ice Cream	from \$2.00
	(H) Yoghurt Tubs	\$2.00
	(H) Yoghurt with Fresh Fruit	\$2.50
	(H) Yoghurt with Muesli	\$2.50
	(H) Messy Monkeys Snack	\$2.50

