

Canteen Menu

Excellence in Education.
Love for Humanity.



ASHMORE ROAD CAMPUS

Canteen Convenor: David Rawson Ph.: 5556 8264

HOT FOOD *(All reduced fat)*

| | |
|---------------------------------------|--------|
| Dim Sims (3 pieces) | \$2.50 |
| Hot Dog with Sauce | \$3.00 |
| Hot Dog, Cheese, Mustard & Tomato Sc. | \$3.20 |
| Sausage Roll: Four's Twenty (125g) | \$3.00 |
| Travellers Pie: Four's Twenty (160g) | \$3.60 |
| Potato Pie (260g) | \$3.80 |
| Chicken Pie (200g) | \$3.80 |
| Chicken or Beef Pot Noodles (60g) | \$3.50 |
| Chicken Chips | \$3.50 |

Check Flexischools for additional items

TOASTIES & BURGERS

| | |
|--|--------|
| Toasted Ham & Cheese Focaccia Square | \$4.50 |
| Toasted Chicken & Cheese Focaccia Square | \$4.50 |
| Chicken Burger | \$4.50 |
| Chicken Burger, Bacon & Cheese (CBC) | \$4.70 |
| Beef Burger | \$4.50 |
| Beef Burger, Bacon & Cheese (BBC) | \$4.70 |

HOT DISH SPECIALS *(Available at recess)*

Hot dish examples – changes daily

| | |
|---------------------------|--------|
| Pasta and Bolognese Sauce | \$4.80 |
| Chicken Korma & Rice | \$4.80 |
| Beef Chow Mein | \$4.80 |
| Nachos | \$4.80 |

SANDWICHES

White, Multi, Wholemeal & Gluten-Free & Rye

| | |
|-------------------------|--------|
| Cheese & Tomato | \$3.50 |
| Egg & Lettuce | \$3.50 |
| Ham & Tomato | \$3.80 |
| Ham, Cheese & Tomato | \$3.80 |
| Chicken & Avocado | \$3.80 |
| Chicken & Salad | \$3.80 |
| Chicken Caesar | \$3.80 |
| Chicken, Lettuce & Mayo | \$3.80 |
| Ham & Salad | \$3.80 |
| Chicken & Salad | \$3.80 |

ROLLS & SPECIALITY BREAD

Bagel, White, Multi & Wholemeal or Turkish

| | |
|--|--------|
| Chicken, Avocado & Salad Roll | \$4.80 |
| Ham, Cheese & Tomato Roll | \$4.80 |
| Chicken Caesar on Turkish | \$4.80 |
| Ham, Feta & Sundried Tomato on Turkish | \$4.80 |

WRAPS

| | |
|-----------------------------|--------|
| Cheese Salad: Cold | \$4.00 |
| Chicken or Ham Salad: Cold | \$4.00 |
| Chicken Caesar: Cold | \$4.00 |
| Chicken Fillet BBQ: Toasted | \$4.50 |
| Chicken Fillet Sweet Chilli | \$4.50 |

GOURMET WRAPS

| | |
|---------------------------------------|--------|
| Smoked Salmon, Cream Cheese & Salad | \$4.80 |
| Ham, Avocado, Salad, American Mustard | \$4.80 |
| Chicken, Bacon & Feta Cheese | \$4.80 |
| Chicken, Sundried Tomato & Salad | \$4.80 |

SNACK FOOD & FRUIT

| | |
|---|--------|
| Sushi Roll | \$3.30 |
| Sushi Large Pack | \$5.00 |
| Fruit Salad | \$4.00 |
| Whole Fruit | \$0.80 |
| Watermelon | \$1.00 |
| Red Rock Crisps (28g) | \$1.20 |
| Low Fat Yoghurt (160g) Flavour selection online | \$2.00 |

SALADS

Salad examples – changes daily

| | |
|------------------------|--------|
| Greek or Pasta | \$4.00 |
| Chick Pea or Pumpkin | \$4.00 |
| Potato or Sweet Potato | \$4.00 |
| Caesar | \$4.00 |
| Chicken Caesar | \$4.20 |
| Ham or Chicken Salad | \$4.20 |

ICED TREATS

| | |
|-------------------------------|------------|
| Streets Iced Treats | \$1-\$2.50 |
| Frozen Fruit Sticks | \$1.00 |
| Frozen Yoghurt (97% fat free) | \$2.50 |
| • Mango | |
| • Raspberry | |
| • Strawberry | |

DRINKS *(All reduced sugar or no added sugar)*

| | |
|-----------------------------------|--------|
| Milk: 300ml 5 Flavours available | \$2.80 |
| Milk: 500ml 5 Flavours available | \$3.80 |
| Up and Go | \$3.80 |
| Quench: Flavoured Mineral Water | \$2.50 |
| Focus: Flavoured Water (500ml) | \$2.80 |
| Bottled Water (600ml) | \$1.80 |
| Pop Top Sports Water (600ml) | \$1.80 |
| Bottled Water (1lt) | \$2.50 |
| Slushies | \$1.80 |
| Classic Juice (300ml) | \$2.80 |
| Iced Tea | \$3.00 |
| Fresh Lemonade (no preservatives) | \$1.50 |

CANTEEN OPERATIONAL INFORMATION

Ashmore road campus canteen offers a cash-free way to pay through use of Flexischools and Student ID cards <http://www.flexischools.com.au/>

Any questions about the menu or if you are able to volunteer some time to help out please call David on 5556 8264.