

# 2023 CANTEEN LUNCH MENU

## COLD CABINET

Muesli cup	\$0.50
Fruit Salad	\$4.00
Greek honey yoghurt w/ berries	\$3.50
Fruit, muesli & yoghurt cup	\$5.00
Fruit muffins	\$2.00
G/F muffins	\$2.50
Orange & Almond DF GF	\$3.50
Carrot Cake	\$3.50
Sushi selection: tuna cucumber, chicken teriyaki, crispy chicken, tempura vegetable	\$3.50
Fresh sandwich, wraps and roll selection prepared daily egg & lettuce, selection of cold meats and salads	\$5.00
Caesar salad wraps: chicken, bacon, egg, parmesan & caesar dressing	\$5.00
Caesar salad: chicken, bacon, egg, parmesan, croutons & caesar dressing	\$5.00
Selection of Salads	\$5.50
Bacon or Vegetarian frittata	\$5.50

## HOT CABINET

Toasted leg ham, cheese & tomato sandwich	\$4.50
CCC: chilli, chicken and cheese toasted wrap	\$5.00
Bacon Turkish: bacon, tomato, aioli & cheese toasted turkish bread	\$5.00
Tomato, cheese & pesto toasted Turkish bread	\$5.00
Chicken & aioli focaccia: caramelised onion, spinach & cheese	\$5.00
Tandoori chicken roll: spinach, carrot, cheese, sour cream	\$5.50
Vegan sweet potato burger: spinach, carrot, tomato, beetroot, Hommus and sweet chilli sauce	\$5.50
Hamburger: caramelised onion, spinach, carrot, beetroot, tomato, BBQ sc.	\$6.00
Grilled chicken Burger: spinach, carrot, tomato, mayonnaise	\$6.00
Chunky steak pie or chicken & vegetable pie & vegetable pie	\$5.00
Sausage roll	\$4.00
Cheese and spinach triangle	\$4.50
Garlic Bread	\$2.00

### WEEKLY SPECIALS \$6.00

Monday:	Pasta Day	
Tuesday:	Chilli Con carne rice, sour cream, cheese, guacamole Nachos bean mince: corn tortilla, cheese, sour cream, guacamole Vegetarian Bean mix: corn tortilla, cheese, sour cream, guacamole	
Wednesday:	Pepperoni Pizza, Ham & Pineapple, Vegetarian Supreme, GF available, must be pre-ordered	\$6.50
Thursday:	Curry day	
Friday :	Chef's Surprise	

## HOT DRINKS—*not available through QKR*

Standard 8oz coffee: cappuccino, latte, long black, flat white	\$4.00
Large cup coffee (BYO)	\$4.50
Hot chocolate or Chai latte 8oz	\$4.00
Specialty milks: almond, coconut, soy	extra \$0.50

***Eco-friendly: BYO cup Save 50cents***

## COLD DRINKS

Golden Circle 250ml poppers; apple blackcurrant, orange	\$1.50
Bottled Water \$2.50 Pump Water	\$3.50
Flavoured milk: chocolate, strawberry, iced coffee, banana	\$2.50
Todays Juice: orange, apple, lemonade	\$2.50
Jive Juice: Green & Carrot	\$3.00
Remedy Kombucha: raspberry lemonade, ginger lemon, peach	\$3.00
Chilli Aloe Drink: pomegranate, peach, original, grape	\$3.50

## ICE BLOCKS—*not available through QKR*

Berri Juice Cups: orange, apple, apple blackcurrant	\$1.50
Vanilla ice cream cups	\$1.50
Lemonade icy poles	\$2.00
Twisted frozen yoghurt	\$2.50

## SNACKS

Home made choc chip cookies	\$1.00
Packets of chips: honey soy chicken, sea salt, ajita vege chips,	\$2.00

## Install the QKR App

Order first break by 8.30am

Order second break by 10.15am

Order lunch online up to a week in advance

Easy access to the whole menu

Choose gluten free or vegetarian options

Saves time and decreases waiting time

Guarantees your chosen meal

