

# MENU

Updated January 2023

## Fresh As Canteen

### SANDWICHES, COLD FOOD & SNACKS

*Sandwiches - Ham & Salad, Chicken & Salad, Egg & Lettuce, Curried Egg	\$5.00
*Wraps - Assorted (Half Wrap \$4.00)	\$6.00
*Salad & Egg Tray (with Chicken or Ham +\$0.50)	From \$6.00
*Large Salad Bento Tray (Meat, Salad & Fruit)	From \$9.00
*Sushi - Teriyaki Chicken, Tuna	\$5.50
*Rice Paper Rolls - Chicken & Salad	\$5.50
*Fruit Salad	\$3.00/\$5.00
*Fresh Fruit	\$1.00
#Muffins Assorted Flavours	\$4.00
*Snaps - BBQ or Tangy	\$2.50
*Yoghurt Tub & YoGo - Assorted Flavours	\$2.50

### HOT FOOD

#Party Pie	\$1.50
#Meat Pie	\$4.00
#Giant Sausage Roll or Spinach & Ricotta Roll	\$4.50
#Hot Dog or Chicken Sub	\$4.00
*Chicken Lettuce Wrap	\$4.00
*Peri Peri Chicken Wrap (Half \$4.00)	\$8.00
#Nachos (with avocado +\$1.00)	\$6.00
#Hash Brown	\$1/\$1.50
#Potato Gems	\$1/\$2.00/\$4.00
#Hot Noodles	\$3.50
*Toasted Sandwich (Ham & Cheese)	\$3.00
*Toasted Sandwich (Chicken & Cheese or Peri Chicken)	\$4.00
*#Burger -Beef & Cheese or Chicken & Cheese (with salad +\$1.00)	\$6.00
#Turkish Bread Pizza Sub	\$4.00
*Toasted Turkish Bread -Chicken, Cheese & Avo or Ham, Tomato & Cheese	\$8.00
*Toasted B.L.T	\$7.00
#Bacon & Egg Muffin	\$4.50
#Breakfast Wrap (Half \$5.00)	\$9.00
#Ham & Cheese Croissant	\$4.00
*Fried Rice or Pasta (Bolognese, Lasagne, Mac & Cheese)	\$4.00/\$6.00
#6 Nuggets with Sauce	\$4.00
#10 Nuggets with sauce	\$6.00
#Air-fried Hot Chips (with Gravy +\$0.50)	\$4.00
*Cheesie	\$1/\$1.50/\$2.00
#3 Nuggets & Chips Snack Box	\$5.00
#Spicy Chicken Wings	\$2/\$3.00

### DRINKS

Water	\$2.00
Juice Box	\$2.50
Up & Go	\$3.00
Flavoured Milk 300ml	\$2.50
Flavoured Milk 600ml	\$4.00
Waterfords Varieties	\$4.00
Chill Aloe & Iced Tea	\$4.00

### TRAFFIC LIGHT FOOD SYSTEM

\*Green - Healthy Choice (Allowed Every Day)

#Amber - Limited Choice (No more than twice per week)

Dietary requirements can be catered for if pre-ordered. [freshascanteen@gmail.com](mailto:freshascanteen@gmail.com)