

Fresh Start Canteens Menu

Snacks and Drinks

Homemade Fresh Muffins \$1.50
Large Homemade Fresh Muffins \$3
Popcorn \$1
Noodles **OR** Rice Crackers \$1.50
Red Rock Deli Chips \$2.50

Quelch Stick \$1
Juice Cup \$1.50
Snap Stix \$1.50
Ice Mony \$1.50
Juicee Tube \$2
Juicee Ice block \$2.50
Paddle Pop **OR** Moosie \$2.50

Juice Poppers \$2
Water 350ml \$1.50
Water 600ml \$2
Oak Flavoured Milk \$3
Chill J \$3
Large Fresh Juice 100% \$4

Breaky and Healthy Snacks

Hash Brown \$1.50
Hot Chocolate \$1.50
Cheese **OR** Cheese and Bacon Roll \$2.50
Pancakes \$2.50
Cheese Toasted Sandwich \$2.50
Assorted Seasonal Fruit from \$1.50
Watermelon Cup \$2
Fruit Salad Cup \$2.50
Fruit Salad Bowl \$4.00
Vanilla Yoghurt Cup \$2.50



Breakfast & Lunch

Lunch Pack Combos

- Pack 1:** Spaghetti, Garlic Bread and Water \$7
- Pack 2:** Curry Chicken and Water **OR** Popper \$6.50
- Pack 3:** Salad Wrap, Water and Fruit **OR** Yoghurt \$7
- Pack 4:** Chicken Burger and Water \$6.50
- Pack 5:** Regular Garden Salad, Water and Seasonal Fruit **OR** Yoghurt \$6





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Fresh Salads

Garden Salad

(Lettuce, Tomato, Carrot, Cucumber)
Regular \$3.50 w/ Meat \$5
Large \$5 w/Meat \$7

Caesar Salad

(Lettuce, Ham, Croutons, Cheese and Dressing)

Baby Spinach Salad

(Baby Spinach, Tomato, Olives, Cucumber, Cheese)

Vegetarian Salad

(Mixed Lettuce, Tomato, Onion, Cucumber, Corn, Drizzle of Vinaigrette)

Pasta Salad

(Pasta, Tomato, Cheese, Corn, Onion in a Creamy Mayonnaise base)

Regular \$4.50 w/ Meat \$6
Large \$6 w/ Meat \$8

Add a Water for \$1
Free Dressing Choice of Italian, French or Caesar

Fresh Subs

Meats Available:

Chicken Schnitzel
Chicken Breast
Ham
Tuna
Italian Meatballs
Roast Beef

Condiments Available:

Carrot
Cheese
Onion
Tomato
Lettuce
Cucumber
Olives
Beetroot

Dressings Available:

Caesar
Garlic Aioli
Ranch
Sweet Chilli
Tomato
BBQ
Mayo
Mustard

Build your own sub. Includes: 1 choice of meat and any condiments or dressings!

\$6.50

Extra Meat is \$2 per serve

Add a Water for \$1

Fresh Sandwiches and Wraps

Cheese **OR** Jam \$2
Ham \$2.50
Ham and Cheese \$3
Roast Beef \$3
Tuna, Lettuce and Mayo \$3.50
Salad \$4
Chicken, Lettuce and Mayo \$4
Ham, Cheese and Tomato \$4
Ham and Salad \$4.50
Roast Beef and Salad \$4.50
Tuna and Salad \$4.50
Chicken and Salad \$5

Prices above are for a sandwich.
Upgrade to a Wrap for an extra \$1.50

Hot Meal Options

Homemade Sausage Roll \$3.50
Wedges \$3.50
Noodle Cup (Chicken **OR** Beef) \$3.50
Hot Dog \$3.50
Nuggets 6 for \$4
Spaghetti Bolognese \$4.50
Lean Meat Pie \$4.50
Vegetarian Rice \$4.50
Lasagne \$5
Meatball Pasta \$5
Curried Chicken Pasta \$5
Loaded Beef Burger w/Cheese \$5
Chicken Fillet Burger \$5
Sweet Chilli Chicken Wrap \$5
Loaded Beef Burger w/Salad \$6

Pizza THURSDAY ONLY

Cheese \$3.50
Zaatar \$3.50
Ham and Cheese \$4

Sushi WEDNESDAY ONLY

Tuna **OR** Chicken \$5.50 (including a Water)
Sauce portions are 30c each.



*“Choose Green
in the Canteen”*