# CANTEEN Menu

SUMMER

## SALADS

| | |
|---|---|
| Salad box - large | $6.50 |
| Greek salad | $7.50 |
| + egg | + $1.00 |

## SANDWICHES

(Wholemeal or white bread)

| | |
|---|---|
| Vegemite | $3.00 |
| Vegemite & cheese | $3.50 |
| Honey | $3.00 |
| Cheese | $3.00 |
| Cheese and tomato | $3.50 |
| Salad | $5.00 |
| Cheese salad | $5.50 |
| Salad Wrap - cheese & aioli | $7.50 |
| Egg & lettuce | $4.50 |
| Gluten-free option | + $1.00 |

## TOASTED SANDWICHES

(Wholemeal or white bread)

| | |
|---|---|
| Cheese | $4.00 |
| Cheese & tomato | $4.00 |
| Pineapple & cheese | $4.00 |
| Baked beans & cheese | $4.50 |
| Spaghetti & cheese | $4.50 |
| Gluten-free option | + $1.00 |

## FRUIT

| | |
|---|---|
| Fruit salad | $5.50 |
| Fruit stick | $2.50 |
| Yoghurt & fruit cup | $5.00 |
| Hommus with veggie sticks | $4.00 |

## SNACKS

| | |
|---|---|
| Scrolls: | |
| - vegemite | $4.50 |
| Cookie | $2.50 |
| Muffin - Homemade | $3.00 |
| Banana bread | $3.00 |
| Potato chips 28g | $1.50 |
| Potato chips 45g | $2.50 |
| Jelly cup | $1.00 |

## HOT FOOD

| | |
|---|---|
| Spinach & ricotta roll | $4.00 |
| Vegetable Quiche | $6.00 |
| Vegetable Pastie | $6.00 |
| Nutmeat pie | $6.00 |
| Nutmeat pie small | $4.00 |
| Hash brown | $2.00 |
| Garlic bread small | $1.50 |
| Garlic bread large | $2.50 |
| Potato gems | $3.00 |
| Potato wedges | $3.50 |
| Mac 'n cheese | $5.00 |
| Sauces: | $0.50 |
| - tomato, BBQ, sweet chilli, sour cream, aioli | |

## COLD DRINKS

| | |
|---|---|
| Water 600ml | $2.00 |
| Cans 375ml: | $2.00 |
| - creaming soda, passionfruit, lemonade, lemon | |
| - sugar free available | |
| Poppers | $2.00 |
| - apple, apple & blackcurrant, tropical | |
| Juice 375ml | $3.00 |
| - orange, apple, apple & blackcurrant, orange & passionfruit, orange & mango | |
| Flavoured milk 300ml | $2.50 |
| Flavoured milk 500ml | $4.00 |
| - chocolate | |
| Up n Go | $3.50 |
| - chocolate, vanilla ice | |
| Protein Shakes | $4.00 |
| - chocolate, banana & honey | |

## HOT DRINKS

| | |
|---|---|
| Coffee, chai, hot chocolate | |
| - small | $4.00 |
| - large | $5.00 |
| Milks - almond, soy, oat, full cream | |

## Daily Specials

### MONDAY

| | |
|---|---|
| Pizza | $5.50 |
| - cheese | |
| - cheese & pineapple | |
| - supreme (olives, spinach, cheese, onion, capsicum) | |
| Gluten-free option | + $1.00 |

### TUESDAY

| | |
|---|---|
| Haystack (GF) | $7.50 |
| - corn chips, bean mix, salad, cheese, sour cream | |
| Nachos (GF) | $7.50 |
| - corn chips, bean mix, cheese, sour cream | |

### WEDNESDAY

| | |
|---|---|
| Pasta Salads | $7.50 |
| - tomato pesto (cherry tomato, spinach, parmesan, red onion) | |
| - creamy basil pesto (spinach, cherry tomato, red onion, feta) | |

### THURSDAY

| | |
|---|---|
| Burgers | $7.50 |
| - veggie patty (lettuce, tomato, cucumber, cheese, BBQ sauce) | |
| - veggie chicken (lettuce, aioli) | |
| Gluten-free option | + $1.00 |

### FRIDAY

| | |
|---|---|
| Hot chips small | $3.00 |
| Hot chips large | $4.00 |
| - gravy or aioli | + $0.50 |
| Hot dog - small | $3.50 |
| Hot dog - large | $5.00 |
| - plus cheese | + $0.50 |
| - tomato sauce | |

## MUNCH MONITOR

Order online through Munch Monitor: **www.munchmonitor.com**

username: **avondale** password: **munch2265**

Order lunch daily **before 8.30am**