

CANTEEN

Menu

WINTER

SALADS

Salad box	\$6.50
+ egg	+ \$1.00
Greek salad	\$7.50

SANDWICHES

(Wholemeal or white bread)

Vegemite	\$2.50
Vegemite & cheese	\$3.00
Honey	\$2.50
Cheese	\$3.00
Cheese and tomato	\$3.50
Salad	\$5.00
Salad with cheese	\$5.50
Salad Wrap - cheese & aioli	\$7.00
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

Yoghurt & fruit cup	\$5.00
Orange / Apple	\$2.00

SNACKS

Hommus with veggie sticks	\$4.00
Finger bun	\$3.50
Finger bun small	\$2.00
Vegemite scrolls	\$4.50
Cookie	\$2.50
Homemade muffin	\$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
Nutmeat pie	\$6.00
Nutmeat pie small	\$3.50
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, aioli, sweet chilli, sour cream	

COLD DRINKS

Water 600ml	\$2.00
Cans 375ml:	\$2.00
- orange, 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, strawberry	
Up n Go	\$3.50
- chocolate, strawberry, vanilla ice	

HOT DRINKS

Coffee, chai, hot chocolate	
- small	\$4.00
- large	\$5.00
Alternate milks	+ \$0.50

Daily Specials

MONDAY

Pizza	\$5.00
- cheese	
- cheese & pineapple	
Toasted Focaccia	\$7.50
- basil pesto, avocado, baby spinach, tomato, red onion, roasted capsicum, cheese	
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

Creamy tomato pasta	\$7.50
- baby spinach, parmesan cheese	
Spinach & ricotta ravioli	\$7.50
- creamy tomato sauce, baby spinach, parmesan cheese	

THURSDAY

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

FRIDAY

Hot chips small	\$2.50
Hot chips large	\$3.50
- gravy or aioli	+ \$0.50
Hot dog small	\$3.50
Hot dog large	\$5.00
- plus cheese	+ \$0.50
- tomato, BBQ or mustard sauce	

MUNCH MONITOR

Order online through Munch Monitor: www.munchmonitor.com

username: **avondale** password: **munch2265** Order lunch daily **before 8.30am**