

## **CANTEEN**

## **OPENING HOURS**

Monday – Friday from 8:00am

## **PRE-ORDERS**

Staff - Ring Ext 723 by 9:00am

Students – Order at Canteen from 8:00am

Student ID card using MSA, can now be used to purchase canteen items with no minimum spend. Follow the prompts on the website under Canteen.

## FOR VOLUNTEERING OPPORTUNITIES

please contact Roberta or Madonna

Phone - 3394 0723 or Email canteen@cavrdpandc.onmicrosoft.com



EVERYDAY HOT MEALS	
Beef Enchiladas with salsa & low fat grated cheese	\$6.00
Cheeseburger lettuce, tomato, bbq sauce & low fat cheese	\$4.00
Pizza Wraps Ham, BBQ Chicken or Mexican on tortilla wrap with cheese & toasted	\$4.00
Cheesy Garlic Pizza	\$3.50
Spinach & Ricotta Cannelloni	\$6.00
Chilli Chicken Mini Wraps 2 mini wraps filled with lettuce, chicken tender & peri peri sauce	\$6.00
Beef Pie	\$4.00
Sausage Roll	\$3.00
Garlic Bomb – small bread roll with garlic butter	\$2.00
Chicken Mac & Cheese (Fridays only) diced chicken breast, macaroni with bechamel sauce & parmesan cheese	\$6.00
Crispy Chicken mini wrap chicken tender, shredded lettuce & mayo	\$4.00
TOASTIES	
Gluten free bread available only when pre-ordering	
Chicken, cheese and avocado (H) or Chicken Pesto on turkish	\$5.00
Intessar's Famous BLT 1" thick toast with lean bacon, tomato, cos lettuce, BBQ sauce & mayo	\$6.00
Vegetarian Turkish	\$5.00
Toasted chicken & cheese (wholemeal)	\$4.00
Toasted ham & cheese (wholemeal)	\$4.00
Todated Halli & Cheese (Wildletheal)	φ4.00
BAGUETTES —	ψ4.00
	\$5.00
BAGUETTES	
BAGUETTES  Chicken, chive, mayo with cos lettuce	\$5.00
Chicken, chive, mayo with cos lettuce  Roast beef, tomato, cheese, mustard, tomato relish & mixed lettuce	\$5.00 \$5.00

Chicken Caesar, cos lettuce, chicken, bacon with Caesar dressing

\$5.00

MONDAY DAILY SPECIALS	
Devil Chicken Burger  Toasted turkish bun with spicy chicken, lettuce, tomato & peri mayo	\$6.00
Butter Chicken (H) Steamed jasmine rice & mini naan bread	\$5.00
Nachos  Chilli beef, toasted tortilla chips, tasty cheese & sour lite cream  Spring Rolls Vegetarian	\$5.00
made in house & oven baked	\$5.00
TUESDAY	
Chicken Parmy Burger flamed grilled chicken, lettuce, Mutti tomato sauce & low fat cheese	\$6.00
Fried Rice	\$5.00
Beef Burritos Mince beef with veg mix, rice, salsa, cheese and toasted	\$5.00
WEDNESDAY	
Pizza  Made in house – ham & pineapple, margherita, BBQ chicken (H) & meat lovers	\$4.50
Meatball Sub Meatballs with tomato salsa with low fat shredded cheese on a bun	\$5.00
Spaghetti Bolognese meat sauce topped with shaved parmesan cheese	\$5.00
THURSDAY	
Chilli Chicken Tender Wrap Kebab bread with chicken tenders, mixed salad & sweet chilli mayo	\$5.00
BBQ Pork Rib Sub Pork Riblet on a bun with BBQ sauce	\$5.00
Warm Pesto Chicken Pasta Penne pasta, pesto sauce, cream and parmesan cheese	\$5.00
Sweet & Sour Karaage Chicken with jasmine rice	\$6.00
FRIDAY	
BBQ Beef Burger beef patty, grilled onions, lettuce, tomato, beetroot & BBQ sauce	\$6.00
Southern Chicken Wrap Kebab Bread with spicy chicken strips, mixed salad with peri peri mayo sauce	\$5.00
Satay Sauce, steamed basmati rice & fried crunchy shallots	\$5.00
Pulled Pork Bao Bun with coleslaw & mayo	\$5.00





——— WATER & JUICE —	
Water 600ml	\$2.50
Water 1lt pop top	\$3.00
Water 1.5lt	\$3.50
Emma & Tom's Lightly Sparkling Water (500ml)	\$2.50
Emma & Tom's Juice (250ml) 100% Orange, Cloudy Apple, Pineapple, Karma, Berry Blast & ABC Bliss	\$3.50
———— HOT DRINKS	
1101 Brainte	
Hot Chocolate	\$3.00
Coffee Cappuccino, Mocha, Black, Flat White	\$3.00
Tea	\$3.00
MILK SELECTION	
Plain Milk (500ml)	\$2.50
Small Flavoured Milk (300ml) Chocolate, Strawberry, Iced Coffee	\$3.00
Large Flavoured Milk (500ml) Chocolate, Strawberry & Vanilla	\$4.00
Pauls Zymil Lactose Free Chocolate Milk (400ml)	\$4.00
Liddell's Lactose Free Chocolate Milk (250ml)	\$2.50
Nippy's Milk Range – Iced Coffee / Mocha / Chocolate / Strawberry (375ml)	\$3.50

BREAKFAST	
Bacon & Egg Muffin	\$4.00
Toasted Ham & Cheese	\$4.00
Toasted Chicken & Cheese	\$4.00
Yoghurt & Granola (low fat)	\$4.00
Brekky Wrap	\$5.00
TREATS —	
Muffins (60gr)	\$1.50
Chocolate Banana, Apple Cinnamon & Blueberry	ψ1.50
Mini Cake Slices	\$1.50
Chocolate & Vanilla	
Mini Cake Slices	\$2.00
Chocolate Mud & Banana Paddle Pops	
Chocolate & Rainbow	\$2.50
Lemonade Icy Twists	\$2.00
Frozen Watermelon / Grapes	\$2.00
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Bulla Light Vanilla Ice Cream	\$2.00
Calippo	\$2.00
Mini Raspberry Pineapple	
Twisted Frozen Yoghurts (GF) Vanilla Bean & Strawberries, Vanilla Bean & Chocolate, Mangoes &	\$3.00
Watermelon	ψο.σσ
Bulla Frozen Yoghurt 200ml	\$3.00
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VEGAN —	
VEGAN	
Vegan Cheesy Garlic Bread (pre-order)	\$3.00
Veef Meatball Sub (Wednesdays)	\$5.00
Veef Pasta & Meatballs	\$5.00
Vegetable Gyozas with sweet chilli sauce (Friday only)	\$5.00
CHKN Schnitzel Burger (Friday only)	\$6.00
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SALADS & COLD CABINET -	
Range of Salads Caesar, Greek, Crunchy Noodle, Sweet Potato & Salad of the day	\$6.00
Chicken Pesto Pasta Salad (H)	\$5.00
Sushi	\$3.50
Teriyaki Chicken, Salmon & Avocado, Tuna & Mayo, Avocado Fruit Salad & Yoghurt	\$4.00
Watermelon Cup	\$3.00
Mixed Fruit Cup	\$4.00
Low Fat Greek Yoghurt	\$4.00
Granola & fruit purees (passionfruit, mango or raspberry)	
Custard with Strawberries	\$4.00
Whole Fruit	\$1.50
Apples, Bananas & Oranges Apricot / Date Bliss Balls (3 pkt)	\$1.50
Apricots/Dates with rolled oats, chia seeds & coconut	Ψ1.50
Dried Fruit Pack	\$2.00
Apricots, apples, cranberries, banana chips & sultanas  Chia Pots	\$4.00
with fruit Couli Popcorn	\$1.50
WRAPS	Ψ1.50
Chicken & Salad (H)	\$5.00
Chicken & Salad (H) with chicken breast, fresh mixed salad, tomato, cheese & mayo	
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Chicken & Salad (H) with chicken breast, fresh mixed salad, tomato, cheese & mayo Vegan Salad (only on pre-order)	
Chicken & Salad (H) with chicken breast, fresh mixed salad, tomato, cheese & mayo Vegan Salad (only on pre-order) with mixed salad, grated carrot, beetroot, tomato, avocado & cucumber	\$5.00
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