

Made Fresh Canteen Menu



2019

BREAKFAST

E	Vegemite or Jam or Honey Toast	\$1.50
E	Plain Milk (8oz Cup)	\$1.50
E	Hot Chocolate (8oz Cup)	\$2.00
E	Fresh Cut Veggie Cup	\$2.00
E	Homemade Cheese Sub	\$2.00
E	Homemade Cheese & Lean Ham Sub	\$2.50
E	Fresh Diced Fruit Cup	\$2.50
E	Vanilla Yoghurt (Low Fat)	\$2.50
E	Pancakes with Honey	\$3.50
E	Cheese & Egg Roll	\$4.50
E	Lean Ham & Egg Roll	\$5.00
Toasted Sandwiches or Wraps		
E	Cheese	\$2.00
E	Ham	\$2.50
E	Cheese & Tomato	\$3.00
E	Lean Ham & Cheese	\$3.50
E	Lean Ham, Cheese & Tomato	\$4.50



BREAKFAST SPECIAL Before 9am

Choose one item from the breakfast menu and get a Bottle water 600ml FREE
 or add a Popper Juice 250ml extra \$1.50
 or add a Bottle Milk 300ml extra \$2.00
 or add a Bottle Milk 500ml extra \$3.50

SANDWICHES (White or Wholemeal Bread)

E	Vegemite or Jam or Honey	\$1.50
E	Cheese	\$2.00
E	Lean Ham	\$2.50
E	Cheese & Tomato	\$3.00
E	Egg & Mayo	\$3.50
E	Lean Ham & Cheese	\$3.50
E	Egg, Lettuce & Mayo	\$4.50
E	Tuna, Lettuce & Mayo	\$4.50
E	Lean Ham, Cheese & Tomato	\$4.50
E	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.50
E	Fresh Chicken, Cheese & Mayo	\$4.50
E	Fresh Chicken, Lettuce & Mayo	\$5.00
E	Fresh Chicken & Salad	\$5.00
E	Lean Ham & Salad	\$5.00



Extra fillings just add 0.70c each



WRAPS (10 inch tortilla or Lebanese Bread)

E	Cheese & Tomato	\$4.00
E	Lean Ham & Cheese	\$4.50
E	Lean Ham, Cheese & Tomato	\$5.50
E	Tuna, Lettuce & Mayo	\$5.50
E	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$5.50
E	Fresh Chicken, Cheese & Mayo	\$5.50
E	Fresh Chicken Lettuce & Mayo	\$6.00
E	Fresh Chicken & Salad	\$6.00
E	Lean Ham & Salad	\$6.00



LONG ROLLS

E	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$6.00
E	Lean Ham, Cheese & Tomato	\$6.00
E	Tuna, Lettuce & Mayo	\$6.00
E	Fresh Chicken & Salad	\$6.50
E	Lean Ham & Salad	\$6.50



Focaccia add \$2.00

SALADS (All Salads served in 12oz Dome)

E	Tabouleh Cup	\$2.50
E	Garden Salad	\$4.50
E	Tuna Salad	\$5.00
E	Egg Salad	\$5.00
E	Cheese Salad	\$5.00
E	Lean Ham Salad	\$5.00
E	Fresh Chicken Breast Salad	\$5.00
E	Fresh Chicken Breast Pasta Salad	\$5.50
E	Fresh Chicken Caesar Salad (without Lean Ham)	\$5.00
E	Fresh Chicken Caesar Salad with Lean Ham	\$5.50



Orders taken for Large Salad in a 20oz dome add \$2.00

Extra fillings just add 0.70c each

FRESH FRUIT & YOGHURT

E	Oranges, Apples or Mandarins	\$1.00
E	Banana	\$1.50
E	Fresh Cut Veggie Cup	\$2.00
E	Fresh Diced Fruit Cup	\$2.50
E	Vanilla Yoghurt (Low Fat)	\$2.50
E	Yoghurt with Fruit Cup	\$3.00
E	Yoghurt with Muesli Cup	\$3.00
E	Seasonal Fresh Fruit Salad Bowl (12oz)	\$4.50
E	Watermelon pieces in a Bowl (12oz)	\$4.50
E	Fresh Fruit Salad with Yoghurt Bowl (12oz)	\$5.50



MILK - JUICES - DRINKS

E	Water 600ml	\$2.00
E	Milk 300ml (plain)	\$3.00
E	Popper 99% Juice (3 flavours)	\$2.50
E	Light Milk 300ml (3 flavours)	\$3.00
E	99% Juice 350ml (5 Flavours)	\$4.00
E	4 Assorted Bottled Drinks 500ml	\$4.50
E	Aloe Vera or Ice Tea 500ml	\$4.50
E	3 Assorted Bottled Milk 500ml	\$5.50



HOT FOOD

E	Garlic & Herb Toasty (freshly made daily)	\$2.50
E	Stuffed Vine Leaves with Rice x6	\$3.50
E	Mexican Quesadilla	\$4.50
E	Homemade Pizza with Cheese	\$5.00
E	Lasagne	\$5.50
E	Falafel Sub	\$6.50
E	Meatball Sub (5 pieces) with Napolitane Sauce	\$6.50
E	Cheese burger	\$6.00
E	Homemade Pizza with Lean Ham & Cheese	\$5.50
E	Homemade Hawaiian Pizza	\$6.00
E	Grilled Chicken Souvlaki on a Roll	\$6.50
E	Aussie Lean Beef Burger Lettuce/Tomato	\$7.00
E	Veggie Burger	\$7.00
E	Beef, Cheese, Tomato & Beetroot on a Roll	\$7.00
E	Beef, Cheese, Tomato & Beetroot on Lebanese Bread	\$7.50

Extra fillings just add 0.70c each



SUSHI (available every Wednesday - pre order by Monday)

E	Teriyaki Chicken with Cucumber	\$4.50
E	Teriyaki Beef with Cucumber	\$4.50
E	Veggie Tofu, Carrot, Cucumber VEGAN	\$4.50
E	Vegetarian Tofu, Carrot, Cucumber (brown rice)	\$4.50



DAILY HOMEMADE MENU (ONLY ONE cooked each day)

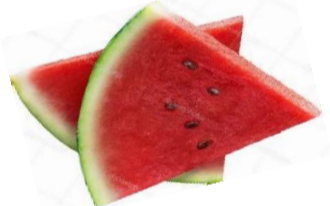
E	Pasta with Meatballs	\$5.00
E	Pasta Bolognaise	\$5.00
E	Pasta Carbonara with Lean Ham	\$5.00
E	Mac & Cheese Pasta	\$5.00
E	Fried Rice	\$5.00
E	Jacket (Baked) Potatoes	\$5.00
E	Sweet Chilli Chicken Pasta	\$5.00
E	Chicken Hokkien Noodles	\$5.00
E	Sweet Chilli Chicken Pasta	\$5.00
E	Butter Chicken with Rice	\$5.00
E	Honey Mustard Chicken with Rice or Pasta	\$5.00
E	Creamy Chicken with Rice or Pasta	\$5.00
E	Hearty Winter Soup with a bread roll	\$5.50



Upsize Meals extra \$1.50

SNACKS & FROZEN TREATS

E	Popcorn	\$1.00
E	Bread Sticks x 4	\$1.00
E	Frozen 99% Juice Cup (3 Flavours)	\$1.50
E	99% Fruit Juice Sticks (Quelch 5 Flavours)	\$1.00
E	Plain or Frozen 99% Juice-Jelly Cup (3 Flavours)	\$2.00
E	Frozen Chocolate Milk Cup	\$2.00
E	Frozen Strawberry Milk Cup	\$2.00
E	Frozen Banana Milk Cup	\$2.00
E	99% Frozen Nippy's Juice Cup (3 Flavours)	\$2.00
E	Frozen Watermelon Cup	\$2.00
E	Frozen Pineapple Cup	\$2.00
E	Frozen Grapes Cup	\$2.00
E	Custard Cup (low fat)	\$2.00
E	Messy Monkeys Snack	\$2.50
E	Dip with Wholegrain Crackers & Carrot	\$3.00
E	Frozen Yoghurt 100g (97% fat free)	\$3.50



OCCASIONAL FOOD & SNACKS

E	Hash Brown	\$1.30
E	Homemade Fresh Muffins (freshly made daily)	\$2.50



HOT FOOD

E	Small Sausage Roll (one free sauce)	\$3.00
E	Noodles Cup	\$3.50
E	Chicken Nuggets (5 pieces)	\$4.00
E	Hot Dog (one free sauce)	\$4.00
E	Potato Wedges Cup	\$4.00
E	Meat Pie or Sausage Roll (one free sauce)	\$4.50
E	Large Potato Pie from our Bakery	\$6.00
E	Homemade Chicken Schnitzel on a Roll or Wrap	\$6.50
E	DOUBLE Sweet Chilli Chicken Tenders with L/M on Lebanese Bread	\$7.50



Extra Sauce 0.30c

DRINK - SNACKS & ICE CREAM

E	Homemade Cookies x2	\$1.00
E	Cans 375ml (sugar free)	\$2.50
E	Grain Waves 22g	\$2.50
E	Red Rock Deli Chips 28g	\$2.50
E	Lamington	\$3.50
E	MILO Scoop Shake	\$4.50



As required by the NSW government all menu items sold each day, are to be listed as Everyday or Occasional food to allow parents and caregivers informed choices.

The NSW state government states menu items are required to be 75% everyday and 25% occasional.

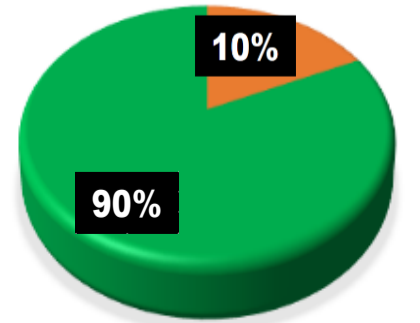
Made Fresh is proud that we have exceeded this requirement. We have kept our prices reasonable even after an increase to the levy for the "container scheme fee". Our suppliers have also increased their prices on eligible/quality goods under the new "star system".

Your child's healthy eating is paramount to our business.

Thank you for your ongoing support.



Occasional



Everyday

