

# CANTEEN MENU

## SUMMER 2020/21

### MARVELLOUS MONDAY

Small Cheese Pizza	2.50
Cheese Pizza	6.00
Hawaiian Pizza (Pineapple, onion, cheese)	6.00
Italian Pizza (Sundried tomato, capsicum, pineapple, onion, olive, cheese) (Available as a gluten free option for extra 1.00)	6.00

### TASTY TUESDAY

Haystacks GF (Potato available as substitute for corn chips)	6.00
Toasted Wrap: Mexican (Bean mix, tomato, cheese, sour cream, sweet chilli)	6.00

### WELLNESS WEDNESDAY

Toasted Turkish	6.00
Roast sweet potato, black beans, salsa, brown rice, cumin, baby spinach, avocado VE	
Roast sweet potato, black beans, salsa, brown rice, cumin, baby spinach, grated cheese, avocado	
Beetroot & feta spread, spanish onion, sliced tomato, baby rocket, feta, grated cheese	

### TERRIFIC THURSDAY

Wraps	6.00
Tortilla wrap, aioli, mixed lettuce, grated carrot, cheese, vegetarian chicken	
Tortilla wrap, hummus, sweet chilli, falafel balls, iceberg lettuce, onion, tomato, cheese	
Tortilla wrap, hummus, sweet chilli, falafel balls, iceberg lettuce, onion, tomato VE	

### FREEDOM FRIDAY

Veggie Burger (Lettuce & mayo)	6.00
Veggie Burger (+ salad)	6.00
Hot Dog (+ sauce)	4.00
Hot Dog (+ sauce & cheese)	4.00
Mini Hot Dog (+ sauce)	2.50
Corn Jack	2.50
Hot Chips GF	3.00
Small Hot Chips GF	2.00
Gravy	0.50
Aoli	0.50

A variety of drinks available  
A variety of ice-blocks available

From 1.50  
From 0.50



**REMEMBER:** Custom orders incur a 1.00 surcharge per item. Please do not ask for credit as refusal may offend. Please do not ask for service during class & sport time.

### SALAD

Gourmet Salad Box (Roast sweet potato, beetroot, cherry tomato, capsicum, feta, mixed baby spinach and rocket, mixed seeds, dijon mustard dressing)	6.00
Ceosar (Cos lettuce, parmesan cheese, egg, avocado, ceosar dressing)	6.00
Budda Bowl v/c (Cous cous with seeds, corn, baby rocket, red capsicum, zucchini ribbons, purple cabbage, falafel or haloumi, zesty herb dressing)	6.00
Small Garden Salad GF (Lettuce, tomato, cucumber, carrot, beetroot, spanish onion)	4.00
(Add fresh avocado or egg for extra 1.00) (Changes to salad box an extra 1.00)	

### EVERYDAY HOT FOOD

Veggie Pasty	3.50
Veggie Quiche	3.50
Nutmeat Pie	4.00
Curry Nutmeat Pie	4.00
Spinach & Ricotta Roll	3.50
Mini Spinach & Ricotta Roll	2.00
Pumpkin & Feta Roll (Contains walnuts)	3.50
Hash Brown GF	1.00
Garlic Bread	2.00
Mini Garlic Bread	1.00
Corn Cob GF	2.50
Oven Potato Gems GF (Mon-Thur)	3.00
Oven Baked Wedges (Mon-Thur)	3.00
Sauce Tubs (Tomato, BBQ, sweet chilli)	0.30

### TOASTED SANDWICHES

Cheese	3.50
Cheese & Tomato	3.50
Cheese & Pineapple	3.50
Cheese & Spaghetti	3.50
Cheese & Baked Beans	3.50

### SANDWICHES (BROWN OR WHITE)

Cheese	3.00
Cheese & Tomato	3.00
Egg & Lettuce	3.50
Curried Egg & Lettuce	3.50
Salad	4.00
Salad (with cheese)	4.50
Salad Roll (Mon-Thurs)	5.00

### FRUIT & YOGHURT

Curly Apple GF	1.00
Fruit Kebab GF	1.00
Berry Delight Yoghurt	4.00
Passionfruit Yoghurt GF	4.00
Fruit Salad GF	6.00

### SNACKS

Finger Bun	3.00
Banana Bread	3.50
Choc Chip Cookie	2.50
Grain Waves (45gm)	2.00
Chips (28gm) GF	1.20
Chips (45gm) GF	2.00
Jelly Cup GF	1.00
Frozen Yoghurt	2.50
Vegemite Scroll	3.50
Sweet Chilli Scroll	3.50

Don't forget you can order your lunch each morning before 8.30am at [www.munchmonitor.com](http://www.munchmonitor.com)  
username: **avondale**  
password: **munch2265**

