

EVERYDAY

Hot Food

Chicken Tenders	6.50
Minced Beef Pie	6.00
Potato Pie	6.00
Sausage Roll	6.00
Potato Gems	6.00
Vegetarian Spring Rolls	4.50
Garlic Bread	4.50
Ham & Cheese Pocket	4.00

THE

Salad Bar

Mexican Chicken Burrito Bowl (Mon/Tues/Thurs) (Spiced Chicken, Rice, Corn Chips, Tomato, Lettuce, Spanish Onion, Salsa & Guacamole)	7.00
Bruschetta Pasta Salad (Feta, Tomato, Baby Spinach, Spanish Onion with Pesto Dressing & topped with Crostini)	7.00
Chicken Caesar Salad (Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	7.00
Greek Salad (Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	7.00

MONDAY

DAILY SPECIAL

Penne Bolognese	7.00
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TUESDAY

DAILY SPECIAL

Mexican Beef Burrito	7.00
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WEDNESDAY

DAILY SPECIAL

Penne Carbonara	7.00
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THURSDAY

DAILY SPECIAL

Beef Nachos with Salsa & Sour Cream	7.00
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FRIDAY

DAILY SPECIAL

Greek Chicken, Feta, Spinach, Sun Dried Tomato Spanish Onion & Aioli Toasted Turkish	7.00
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FRESH
FOOD *Fast*

CANTEEN CATERING FOR THE CENTRAL COAST

Wraps + PANINIS

BLAT Toasted Turkish (Bacon, Cheese, Lettuce, Avocado, Tomato & Mayonnaise)	7.00
Chicken Caesar Toasted Turkish (Poached Chicken, Bacon, Parmesan, Lettuce & Caesar Dressing)	7.00
Salad Wrap/Turkish Choice of Chicken, Ham, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	7.00
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	7.00
Chicken Schnitzel Wrap (Bread Crumbed Chicken, Lettuce & Mayonnaise)	7.00

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.50 / 4.00
The Juice Farm Juice (Apple, Lemonade)	5.00
Waterfords (Orange & Passionfruit, Lime)	5.00
Up & Go (Chocolate /Vanilla)	4.00
Water 600ml	3.00

BREAKFAST+ Snacks

Ham/Chicken, Cheese with Avocado or Tomato Toastie	6.00
Ham/Sweet Chilli Chicken/Tomato with Cheese Toastie	5.50
Fruit Salad Pot	4.50
Watermelon Pot	4.50
Banana Bread	4.50
Muffins	4.50
Cinnamon Scroll	4.50
Cheese and Bacon Roll	4.00
Cheese & Vegemite Scroll	4.00
Red Rock Chips (Sea Salt/Sweet Chilli & Sour Cream)	3.50
Chocolate Chip Cookie	1.50