

Fresh Start Canteens Menu

Snacks and Drinks

Homemade Fresh Muffins \$1.50

Popcorn \$1 **CF**

Noodles **OR** Rice Crackers \$1.50

Red Rock Deli Chips \$2.50 **CF**

Quelch Stick \$1

Juice Cup \$1.50

Snap Stix \$1.50

Ice Mony \$1.50

Juicee Tube \$2

Juicee Ice block \$2.50

Paddle Pop **OR** Moosie \$2.50

Ice blocks are not put in lunch bags and must be collected from canteen

Juice Poppers \$2

Water 350ml \$1.50

Water 600ml \$2

Oak Flavoured Milk \$3

Up & Go \$3

Chill J \$3

Breaky and Snacks

Hash Brown \$1.50

Hot Chocolate \$1.50

Pancakes \$2.50

Breakfast Pot \$2 (Choice of baked beans
OR Spaghetti with toast)

Cheese Toasted Sandwich \$2.50

Assorted Seasonal Fruit from \$1.50

Watermelon Cup \$2.50

Fruit Salad Cup \$2.50

Fruit Salad Bowl \$4.00



Breakfast & Lunch

Lunch Pack Combos

Pack 1: Spaghetti, Garlic Bread and Water \$7 **CF**

Pack 2: Curry Chicken, Fried Rice **OR** Spaghetti and Water **OR** Popper \$6.50

Pack 3: Salad Wrap, Water and Fruit \$7

Pack 4: Chicken Burger and Water \$6.50

Pack 5: Regular Garden Salad, Water and Seasonal Fruit \$6 **CF**





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Fresh Salads

Garden Salad

(Lettuce, Tomato, Carrot, Cucumber)
Regular \$3.50 w/ Meat \$5
Large \$5 w/Meat \$7

Caesar Salad

(Lettuce, Ham, Croutons, Cheese and Dressing)

Croutons will be removed for GF

Baby Spinach Salad

(Baby Spinach, Tomato, Olives, Cucumber, Cheese)

Vegetarian Salad

(Mixed Lettuce, Tomato, Onion, Cucumber, Corn, Drizzle of Vinaigrette)

Pasta Salad

(Pasta, Tomato, Cheese, Corn, Onion in a Creamy Mayonnaise base)

Regular \$4.50 w/ Meat \$6
Large \$6 w/ Meat \$8

Add a Water for \$1
Free Dressing Choice of Italian, French or Caesar
All Salads are Gluten Free

Fresh Subs

Meats Available:

Chicken Schnitzel
Chicken Breast
Ham
Tuna
Italian Meatballs
Roast Beef

Condiments Available:

Carrot
Cheese
Onion
Tomato
Lettuce
Cucumber
Olives
Beetroot

Dressings Available:

Caesar
Garlic Aioli
Ranch
Sweet Chilli
Tomato
BBQ
Mayo
Mustard

Build your own sub. Includes: 1 choice of meat and any condiments or dressings!
\$6.50

Extra Meat is \$2 per serve
Add a Water for \$1

Fresh Sandwiches and Wraps

Cheese **OR** Jam \$2
Ham \$2.50
Ham and Cheese \$3
Roast Beef \$3
Tuna, Lettuce and Mayo \$3.50
Salad \$4
Chicken, Lettuce and Mayo \$4
Ham, Cheese and Tomato \$4
Ham and Salad \$4.50
Roast Beef and Salad \$4.50
Tuna and Salad \$4.50
Chicken and Salad \$5

Gluten Free Bread \$1 extra

Prices above are for a sandwich.
Upgrade to a Wrap for an extra \$1.50

Hot Meal Options

Homemade Sausage Roll \$3.50
Wedges \$3.50
Sweet Potato Wedges \$4 **GF**
Noodle Cup (Chicken)\$3.50
Noodle cups are to be collected from canteen
Hot Dog \$3.50
Nuggets 6 for \$4
Gluten Free Nuggets 6 for \$4.50 **GF**
Spaghetti Bolognese \$4.50 **GF**
Lean Meat Pie \$4.50
Fried Rice \$4.50 **GF**
Lasagne \$5
Meatball Pasta \$5
Mac N Cheese \$4.50
Butter Chicken & Rice \$5 **GF**
Curried Chicken Pasta \$5
Beef Burger w/Cheese \$5
Chicken Fillet Burger \$5
Sweet Chilli Chicken Wrap \$5
Loaded Beef Burger w/Salad \$6

Pizza

Cheese \$3.80
Zaatar \$3.80
Ham and Cheese \$4.50
Pepperoni & Cheese \$4.50

Sauce portions are 40c each.

*“Choose Green
in the Canteen”*

All Products are halal except Pork based products.

