

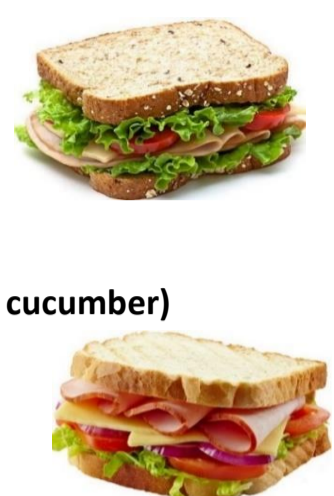


Made Fresh Canteen Menu



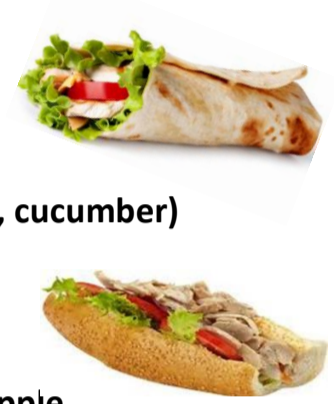
SANDWICHES (White or Wholemeal Bread)

E Vegemite or jam or honey	\$1.50
E Cheese	\$2.50
E Lean ham	\$3.00
E Cheese & tomato	\$3.50
E Lean ham & cheese	\$4.00
E Egg & mayo	\$4.00
E Egg, lettuce & mayo	\$4.50
E Lean ham, cheese & tomato	\$4.50
E Salad (lettuce, tomato, carrot, cucumber)	\$4.50
E Tuna, lettuce & mayo	\$4.50
E Fresh chicken with cheese	\$5.00
E Fresh chicken, lettuce & mayo	\$5.00
E Fresh chicken & salad	\$5.50
E Lean ham & salad	\$5.50



WRAPS-ROLLS (FOCACCIA extra \$1.00)


E Cheese & tomato	\$4.50
E Egg & cheese	\$5.00
E Lean ham & cheese	\$5.00
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	\$6.00
E Fresh chicken lettuce & mayo	\$6.00
E Fresh chicken & salad	\$6.50
E Lean ham & salad	\$6.50
E Fresh chicken, cheese & pineapple	\$6.50
E Fresh chicken caesar salad wrap	\$6.50



SALADS (All Salads served in 12oz Dome)

E Tabouleh	\$4.50
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 Vegetable pasta salad	\$5.00
E Beetroot salad	\$5.00
E Caesar salad	\$5.00
E Tuna avocado salad	\$5.50
E Fresh chicken breast salad	\$5.50
E Fresh chicken breast pasta salad	\$5.50
E Fresh chicken avocado salad	\$6.00
E Greek salad	\$6.00
E Fresh chicken caesar salad	\$6.00

• All salads are available •
• every day if you •
• pre order before 9am •



SNACKS & FROZEN TREATS

E Bread sticks x 4	\$1.00
E Frozen 99% juice cup	\$1.00
E Quelch 99% fruit juice sticks	\$1.00
E Sour snap sticks	\$1.50
E Custard cup	\$1.50
E Chocolate custard cup	\$2.00
E Plain or frozen 99% juice-jelly cup	\$1.50
E Frozen chocolate milk cup	\$1.50
E Frozen strawberry milk cup	\$1.50
E Frozen vanilla malt milk cup	\$1.50
E 99% frozen nippy's juice cup	\$1.50
E Frozen watermelon cup	\$2.00
E Frozen pineapple cup	\$2.00
E Frozen grapes cup (seasonal)	\$2.00
E Ice many freeze pops	\$2.00



BREAKFAST


E Vegemite or jam or honey toast	\$1.50
E Plain milk cup	\$1.50
E Hot chocolate	\$2.00
E Corn flakes bowl	\$2.50
E Pancakes x3 with honey	\$3.00
E Cheese & egg roll	\$4.50
E Lean ham & egg roll	\$5.00

Toasted sandwiches or wraps

E Cheese	\$2.50	\$3.50
E Ham	\$3.00	\$4.00
E Cheese & tomato	\$3.50	\$4.50
E Lean ham & cheese	\$4.00	\$5.00
E Lean ham, cheese & tomato	\$4.50	\$5.50

Choose one item from the breakfast menu and get

E a bottle water 600 ml extra	\$1.00
E or add a popper juice 250ml extra	\$1.50
E or add a flavoured milk 300ml extra	\$2.00
E or add a flavoured milk 500ml extra	\$4.00




FRESH FRUIT

E Orange, apple, mandarin	\$1.00
E Banana	\$1.50
E Orange, apple or mandarin wedges in a cup	\$1.50
E Fresh grapes cup (seasonal)	\$2.00
E Fresh cut watermelon cup	\$2.00
E Fresh cut veggie cup	\$2.00
E Vanilla yoghurt (low fat)	\$2.00
E Yoghurt & fruit cup	\$2.50
E Yoghurt & muesli cup	\$2.50
E Fresh diced fruit cup	\$2.50
E Watermelon pieces in a bowl (12oz)	\$4.50
E Seasonal fresh fruit salad bowl (12oz)	\$5.00
E Fresh fruit salad with yoghurt bowl (12oz)	\$5.50



SUSHI sold at counter

E Tuna with cucumber	\$4.50
E Salmon with cucumber	\$4.50
E Teriyaki chicken with cucumber	\$4.50
E Veggie tofu, carrot, cucumber (vegan)	\$4.50



Everyday	Occasional
Gluten Free Bread	extra \$1.00
Gluten Free Tortilla	extra \$1.00
Gluten Free Focaccia	extra \$1.00
Upsize Salad, Fruit Salad to 200Z	extra \$1.50
<u>Extra fillings</u>	
Sliced or Shredded Cheese	extra \$1.00
Avocado or Beetroot	extra 50c
Sauce or Cutlery	each 30c

OCCASIONAL ITEMS AVAILABLE EACH DAY

HOT FOOD - SNACKS & DRINKS

E Hash brown	\$1.30
E Potato gems x10	\$2.00
E Chicken & corn roll	\$2.00
E Potato wedges bag	\$2.50
E Noodles cup	\$3.50
E Chicken or beef hot dog (one free sauce)	\$3.80
E Chicken nuggets (6 pieces)	\$4.00
E Nachos with salsa & cheese	\$4.50
E Sausage roll (one free sauce)	\$4.50
E Meat pie (one free sauce)	\$5.00
E Pizza wrap (tomato & olives, bbq chicken)	\$5.50
E Large potato pie from our bakery	\$6.00
E Veggie pattie burger	\$6.00
E Chicken burger	\$6.00
E Sweet chilli chicken tender wrap	\$6.00
E Crumbed chicken caesar burger	\$6.50
E Fillet-O-Fish burger with lettuce & mayo	\$6.50
E Homemade cookies x1 (freshly made daily)	\$1.00
E Popcorn	\$1.00
E Monster noodle snacks (Chicken or BBQ)	\$1.30
E Chocolate mousse	\$1.50
E Jelly cup or jelly & custard cup	\$1.50
E Homemade fresh muffins (freshly made daily)	\$1.50
E Rice pudding	\$1.50
E Rice sticks cheese	\$2.00
E Grain waves 22g	\$2.50
E Red rock deli Chips 28g	\$2.50
E Pepsi max 375ml (sugar free)	\$2.50
E Vanilla or raspberry 375ml (sugar free)	\$2.50
E Solo sub 375ml (sugar free)	\$2.50
E Lemonade zero sugar 375ml	\$2.50
E Homemade Custard tart	\$3.50
E Waterfords lite & fruity 500ml	\$4.50
E Lipton lite peach ice tea 500ml	\$5.50





HOT FOOD


E Corn cob	\$1.00
E Chicken wings x1	\$1.50
E Spicy chicken wings x1	\$1.50
E Garlic bread small	\$1.50
E Garlic bread large	\$2.50
E Garlic & cheese bread (made fresh daily)	\$3.00
E Stuffed vine leaves with Rice x6	\$3.50
E Mexican tortilla	\$5.00
E Homemade pizza with cheese	\$5.50
E Homemade bbq chicken pizza	\$5.50
E Homemade hawaiian pizza	\$5.50
E Homemade vegetarian pizza	\$5.50
E Homemade pizza with lean ham & cheese	\$5.50
E Beef lasagne (non halal)	\$5.50
E Vegetarian lasagne	\$5.50
E Beef meatball sub with napolitana sauce/cheese	\$6.00
E Chicken meatball sub with napolitana sauce/cheese	\$6.00
E Lemon & pepper grilled chicken souvlaki on a roll	\$6.00
E Plain grilled chicken souvlaki on a roll	\$6.00
E Spicy grilled chicken souvlaki wrap	\$6.00
E Mexican chicken wrap	\$6.00
E Cheeseburger	\$6.00
E Aussie lean beef burger lettuce/tomato	\$6.00
E Chicken breast fillet burger lettuce & mayo	\$6.00
E Chicken breast fillet caesar burger	\$6.50



HOMEMADE MENU (TWO cooked each day)


Australian, European, Asian & Mexican Meals

E Honey mustard chicken with rice or pasta	\$5.00
E Mac & cheese	\$5.00
E Creamy chicken with rice or pasta	\$5.00
E Sweet chilli chicken with rice or pasta	\$5.00
E Butter chicken with rice	\$5.00
E Pasta bolognese	\$5.00
E Pasta carbonara with lean ham	\$5.00
E Pasta with chicken meatballs	\$5.00
E Pasta with beef meatballs	\$5.00
E Napolitana chicken pasta	\$5.00
E Teriyaki chicken stir fry & steamed rice	\$5.00
E Thai red curry chicken, vegetables & rice	\$5.00
E Vegetable noodles Soup	\$5.00
E Chicken hokkien noodles	\$5.00
E Veggie fried rice	\$5.00
E Fried rice with lean ham	\$5.00
E Mexican chicken burrito skillet & rice	\$5.00



VEGGIE & OTHER SNACK PACKS

E Tabouleh cup	\$2.50
E Carrot sticks with hommus	\$2.50
E Veggie dome (carrots,celery,corn,tomatoes, bread sticks)	\$4.00
E Veggie dome with cheese cubes & bread sticks	\$4.50
E Veggie dome with fresh chicken breast & bread sticks	\$5.00



MILK - JUICES - DRINKS

E Water 400ml	\$1.50
E Water 600ml	\$2.00
E Milk 300ml (plain)	\$2.50
E Popper 99% juice 250ml	\$2.50
E Light milk 300ml	\$3.00
E UP & GO 250ml	\$3.00
E Milk 600ml (plain)	\$4.00
E UP & GO 500ml	\$4.50
E Bottled milk 500ml	\$5.50



Healthy Kids Association

THIS IS TO CERTIFY THAT

Made Fresh

IS A FINANCIAL MEMBER OF THE

HEALTHY KIDS ASSOCIATION

Member ID L083

Healthy Kids Association, Suite 1.02, 38 Oxley Street, St Leonards NSW 2065 Ph: (02) 9876 1300 Outside Sydney Ph: 1300 724 850 Fax: (02) 9437 4984 Email: info@healthy-kids.com.au Web: www.healthy-kids.com.au

GREAT CHOICE
Healthy School Canteens

CONGRATULATIONS

MADE FRESH

OF

MADE FRESH (SECONDARY)

This certificate verifies that your Master Menu meets the requirements of The NSW Healthy School Canteen Strategy

Date issued: 14 June 2019 Valid until: 14 June 2021

NSW GOVERNMENT

Note: This certificate is valid for two years from the date of issue. To re-new your certificate please review your master menu against the Food and Drink Criteria of the Healthy School Canteen Strategy and re-submit a Master Menu Application Form to the Menu Check Service.

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS