

CANTEEN Overnewton Keilor 2019

✓ These food items order freely

• These Food items order sparingly

Sandwiches, Rolls & Wraps		
	Sandwich	Roll / Wrap
✓ Vegemite	\$1.50	\$2.10
✓ Cheese	\$2.30	\$2.90
✓ Cheese / Salad	\$2.90	\$3.50
✓ Tuna	\$3.40	\$4.00
✓ Tuna / Salad	\$4.00	\$4.60
✓ Chicken	\$3.60	\$4.20
✓ Chicken / Salad	\$4.20	\$4.80
• Ham / Salad	\$4.00	\$4.60
• Ham / Cheese	\$3.50	\$4.10
• Ham / Cheese/ Tomato	\$3.80	\$4.40
✓ Cheese / Tomato	\$2.60	\$3.20
✓ Egg	\$3.00	\$3.60
✓ Egg / Lettuce	\$3.20	\$3.80

Gluten Free Options Available

Daily Options	
• Mini cookies	\$0.50
• Popcorn	\$1.50
• Jelly Cup	\$1.50
✓ Salad Pack	\$4.30
✓ Boiled Egg	\$0.70
✓ Carrot Sticks	\$1.00
• Sweet Chilli Chicken Roll	\$4.50
✓ Cheese & Crackers (Large)	\$3.00
• Cookies	\$2.50
✓ Yoghurt	\$2.60
• Mini Muffins	\$0.50
• Spinach Ricotta Pastizzi	\$1.50
✓ Steamed Dim Sims	\$1.00
✓ Homemade Muffin	\$2.50
✓ Corn on the Cob	\$1.00
• Toasted Focaccia: Ham/ Cheese/ Tomato	\$4.00
✓ Fruit Salad	\$4.00
✓ Slinky Apples	\$1.50
• Pizza Varieties: Hawaiian / Ham & Cheese / Margherita	\$3.50
✓ Sauce	\$0.20
Lunch Bags	\$0.10

Daily Specials (ONLY available on specified days)

Monday	
✓ Spinach & Ricotta Ravioli	\$5.50
• Chicken Fingers with Oven Baked Chips	\$5.50
✓ Butter Chicken with Rice	\$5.50
Tuesday	
✓ Homemade Sausage Roll	\$3.50
• Wedges / Cheese / Sour Cream / Salsa	\$5.50
✓ Beef Mini Rissoles & Potato Gratin	\$5.50
Wednesday	
✓ Lamb or Chicken Souvlaki	\$5.50
• Penne Napoli with Parmesan Cheese	\$5.50
✓ Thai Fried Rice with Chicken	\$5.50
Thursday	
✓ Sushi: Vegetarian / California / Tuna / Teriyaki Chicken (2 pack)	\$5.20
• Hotdog	\$3.80
✓ Grilled Chicken Burger with lettuce, cheese & sweet chilli mayo	\$5.50
✓ Chicken Mini Rissoles with Macaroni Cheese	\$5.50
Friday	
• Pies	\$4.00
• Pasties	\$4.00
• Penne Bolognese	\$5.50
✓ Coconut Chicken Thai Curry with Jasmine Rice	\$5.50

Drinks

Big M	300ml	\$2.60
Mount Franklin Water	300ml	\$2.00
	600ml	\$2.60
Pump Water		\$3.80
Juice Box		\$2.00
Hot Chocolate		\$2.00

Big M & Jelly Cups can not be ordered on a lunch order