

CANTEEN Overnewton 2021

Daily Specials (ONLY available on specified days)

All curries and stir-fries include a selection of the following vegetables – broccoli, cabbage, capsicum, carrots and zucchini.

Monday

Coconut Curry Chicken and Vegetables served with Basmati Rice	\$6.50
Homemade Sausage Roll Full of Hidden Vegetables	\$4.00
Spinach and Ricotta Ravioli with Napoletana Sauce	\$6.00

Tuesday

Egg and Vegetable Singapore Noodles	\$6.50
Mexican Beef Boats with Side of Salad	\$6.50
Pizza Varieties on a Wholemeal Base	\$4.00
<ul style="list-style-type: none"> • Ham & Cheese • Hawaiian • Margherita 	

Wednesday

Lamb or Chicken Souvlaki with Lettuce Tomato and Tzatziki Sauce	\$6.00
Wholemeal Penne Napoli with Parmesan Cheese	\$6.00
Pumpkin Lasagne Served with Salad	\$6.50
Steamed Dim Sims	\$1.20

Thursday

Fried Rice Egg Bacon and Vegetables	\$6.50
Grilled Chicken Burger with Lettuce, Cheese & Sweet Chilli Sauce	\$6.00
Sushi (2 pack)	\$6.00
<ul style="list-style-type: none"> • Vegetarian • California • Tuna • Teriyaki Chicken 	

Friday

Wholemeal Penne Bolognese with Shaved Parmesan Cheese	\$6.50
Teriyaki Chicken and Vegetable Hokkien Noodles	\$6.50
Wholemeal Vegan Pastie	\$4.50

Drinks

M2 Go Low Fat Flavoured Milk	300ml	\$2.80
Mount Franklin Water		
<ul style="list-style-type: none"> • 300ml • 600ml 		\$2.20 \$3.00
Pump Water		\$4.00

Sandwiches, Rolls & Wraps

All sandwiches and rolls are made with wholemeal or multigrain bread. Salad includes lettuce, tomato, carrot and cucumber.

Gluten Free Options Available.

	Sandwich	Roll/Wrap
Cheese	\$2.70	\$3.20
Cheese & Salad	\$3.20	\$3.70
Cheese & Tomato	\$3.10	\$3.60
Chicken	\$4.00	\$4.50
Chicken & Salad	\$4.50	\$5.00
Egg	\$3.30	\$3.80
Egg & Lettuce	\$3.50	\$4.00
Ham & Cheese	\$3.80	\$4.30
Ham, Cheese & Tomato	\$4.10	\$4.60
Ham & Salad	\$4.20	\$4.70
Salad	\$3.50	\$4.00
Tuna	\$3.70	\$4.20
Tuna & Salad	\$4.20	\$4.70

Fruit

Apple	\$1.50
Banana	\$1.50
Fruit Salad	
<ul style="list-style-type: none"> • Small • Large 	\$3.50 \$5.00
Orange	\$1.50
Slinky Apples	\$2.00

Salads

Caesar Salad (Cos Lettuce, Egg, Bacon, Croutons, Parmesan Cheese & Homemade Dressing)	\$5.50
Greek Salad (Lettuce, Cucumber, Tomato, Kalamata Olives & Feta)	\$5.50
Rocket Pear and Parmesan Salad with Balsamic Vinegar Dressing	\$5.50
Salad Pack (Lettuce, Tomato, Cucumber, Carrot & Capsicum)	\$4.50

Daily Options

Boiled Egg	\$1.00
Carrot and Celery Sticks with Hummus Dip	\$4.50
Carrot Sticks	\$1.50
Cheese & Crackers	\$3.50
Corn on the Cob	\$1.50
Greek Yoghurt	\$3.50
Mini Muffins	\$1.00
<ul style="list-style-type: none"> • Apple & Cinnamon • Mixed Berry 	
Popcorn	\$2.50
Shaved Ham, Cubed Cheese and Cherry	
Tomato Skewer	\$3.00
Spinach Ricotta Pastizzi	\$1.80
Sweet Chilli Chicken Roll with Lettuce and Sweet Chilli Sauce	\$4.50
Toasted Focaccia - Ham, Cheese & Tomato	\$4.50
Tomato Sauce	\$0.30