

Canteen Menu

TERM 4 2018



COLD

Salad Dip Pack

Hummus, Crudités & Corn Chips **\$5.50** (V, GF)

Sushi

Chicken Teriyaki, Tuna (2 Rolls) **\$5.90**

Vietnamese Cold Rolls

Chicken, Pork or Vegetarian (2 Rolls) **\$4.80**

Wraps (Half)

A Selection of Fillings **\$5.00**

Gourmet Sandwiches

A Selection of Fillings **\$5.50**

Salads

Seasonal Salads **\$5.50**

Thai Chicken Salad **\$6.00**

Sandwiches (Mitcham Campus Only)

Vegemite Sandwich **\$3.50**

Ham & Cheese Sandwich **\$4.50**

Ham Sandwich **\$4.00**

Cheese Sandwich **\$4.00**

Note: All sandwiches use wholemeal bread

HOT

Homemade Daily Meal Specials

Nachos; Minced beef, tomato, beans **\$6.00**
(GF)

spices, herbs with corn chips & tasty cheese

Penne Pasta Bolognese **\$6.00**

Beef Burger **\$6.00**

Stir fry Chicken & Vegetables w/ rice **\$6.00**

Meatball Sub **\$6.00**

Toasted Focaccia sandwiches **\$6.60**

Butter Chicken **\$6.00**

Toasted Cheese Sandwich **\$4.50**

Toasted Ham & Cheese Sandwich **\$4.90**

Cornish Pasty **\$4.90**

Feta & Spinach Pastie **\$5.40** (V)

Spinach & Tomato Quiche **\$5.40** (V)

Sausage Roll **\$4.00**

Beef Pie **\$4.70**

Beef & Potato Pie **\$4.90**

Lentil Pie **\$5.40**

Tomato Sauce **\$0.30**

Margherita Pizza Slice **\$4.00** (V)

Ham & Pineapple Pizza Slice **\$4.50**

Meat Lovers Pizza Slice **\$5.00**

BBQ Chicken Pizza Slice **\$5.00**

Chicken Spring Roll **\$1.50**

Garlic Bread **\$2.00** (V)

Vegetarian Samosa **\$2.00** (V)

Roast Potato Wedges **\$4.00** (V, GF)

Ham & Cheese Croissant **\$5.50**

Cheese Croissant **\$4.50**

Toasted Free Range **\$6.00**

Egg & Bacon Turkish Roll

(V) Vegetarian

(GF) Gluten Free

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SWEET TREATS & SNACKS

Chocolate Chip Biscuit	\$1.80
Bliss Ball	\$2.00 (GF)
Chocolate Brownie	\$2.00 (GF)
Scotch Muesli Bar	\$2.60
Muffins	\$3.20
Fresh Fruit Salad	\$3.60 (GF)
Fruit Crumble Slice	\$4.00
Whole Fresh Fruit (<i>apple, banana, orange etc</i>)	from \$1.00

Golden North Ice Creams

Fruit Wedgee Tropical	\$2.30 (GF)
Chocolate Swing Ice Cream	\$2.30 (GF)
Strawberry Swing Ice Cream	\$2.30 (GF)
Giant Twins Vanilla	\$3.30 (GF)
Giant Twins Honey	\$3.00 (GF)

Moo Flavoured Yoghurt

165g Yoghurt Tub	\$3.00 (GF)
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Snacks

Cobs Organic Popcorn	\$2.20 (GF)
Red Rock Chips	\$2.50
<i>Sea Salt, Honey & Soy, Sweet Chilli & Sour Cream</i>	

DRINKS

Nippy's Fruit Juices

Apple, Orange, Apple & Blackcurrant 500mL	\$3.70
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Mountain Fresh Fruit Juices

Apple, Apple & Guava, Tropical, Apple & Mango Plastic Bottle	\$2.20
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Spring Water

600ml \$2.00 1.5L \$3.50
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Fleurieu Milk Company Milks

Chocolate, Strawberry, Iced Coffee 300ml \$2.60 500ml \$3.90

Coffee & Tea (Canteen Only)

Assorted Teas	\$3.00
Coffee, Hot Choc, Chai Latte	\$3.70
Iced Coffee/Choc/Chai Latte	\$4.30

(V) Vegetarian

(GF) Gluten Free

Our aim is to produce fresh, tasty seasonal food at an affordable price; supplied by SA companies wherever possible.

Mitcham Campus Only

For online orders visit:

www.munchmonitor.com

Orders need to be received by 7am each morning.

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