



BENCHMARK

CANTEENS & CATERING



BREAKFAST MENU

FOOD			
	Paleo granola with yoghurt and fresh fruit		5.00
	Porridge <i>(Uncle Toby's quick oats)</i>		2.50
	2 x Weet-Bix and milk		2.50
	½ English muffin with baked beans & melted cheese		2.00
	1 x Raisin Toast		1.50
	Half Cheese Toastie		1.50
	Cheese & Tomato Toastie		3.50
	Banana Bread Toast		3.00
	Egg and Bacon Muffin		3.50
DRINKS			
	Plain Milk	300ml	2.20
	optional "sippahh straw"		0.80
	Up & Go		3.00
	Chocolate or Strawberry	300ml	2.50
	Chocolate or Strawberry	Zimil	4.20
	Smoothies	Pre Order ONLY	4.80
	- Banana		
	- Strawberry		
	Super Broth <i>(optional rice noodles or vegetables)</i>		3.50
	Herbal Tea		2.50
	Coffee		3.50
	Hot Chocolate		2.50

BREAKFAST SPECIAL DEAL

TOASTIE
+
Water (mini) or Juice popper (99% juice)
+
A piece of fruit
Meal Deal for \$5.00

LUNCH MENU

COLD		HOT	
		Pasta Bolognaise 200g made at the canteen	4.80
Fresh Bakery Roll	5.00	Lasagne 200g	4.80
Wrap or Sandwiches	4.50	Cheese & Spinach Rolls	4.00
		Honey Soy Chicken Wings made at the canteen.	1.50
		Pre Order	
		Rice noodles with chicken, vegetable & hoisin sauce made at the canteen.	5.50
		Pre Order	
		Soup made at the canteen <i>(term 2 and 3 ONLY)</i>	4.00
		Beef Burger made at the canteen	4.50
		Add extra beetroot, onion, tomato, pineapple, cheese	.50c
		Toasties	
		- Cheese & Tomato	3.50
		- Baked Beans Pre Order	3.50
		- Bolognaise Pre Order	3.50
		Garlic Bread	2.00
		Chicken Burger	4.50
		Sausage Rolls made at the canteen approx. 160g	3.50
		Chicken Nuggets (5)	3.00
		Traveller pie 160g	4.20
SALAD TUBS		SNACKS	
Seasonal Fruit Salad	4.00	Seasonal whole fruit	1.00
Water melon cups	3.00	Banana Bread	2.00
Garden Salad	3.50	Apple & Cinnamon Muffins made at the canteen	3.00
Caesar Salad	5.00	Popcorn	1.50
Chinese Noodle Salad	5.00	Yoghurt	3.50
Add Chicken	1.00	Banana & Custard	3.50
		Chips 28g (Red rock deli)	1.50

Lunch Deal

SALAD SANDWICH
+
Water (mini) OR
Juice popper (99% juice)
+
A piece of fruit
Meal Deal for \$6.50

FROZEN	
Water Bottles	2.00
Water Bottle mini	1.50
Slushies - 99% fruit	2.00
Quelch Frozen Ice Blocks	1.20
Frozen Fruit Salad	4.00
Frozen, watermelon wedge or Pineapple ring	1.00
Frozen yoghurt	3.50

DRINKS MENU

WATER			
	Still		2.00
	Coconut		2.50
	Mini water (Frozen Term 1 & 4 Only)		1.50
JUICES			
	Fruit Box <i>(popper 99% juice)</i>		1.80
	Cup of Fruit punch		2.00
	Seasonal Fresh Juice		4.50
	Slushies <i>(99% juice)</i>		2.00
MILK			
	Plain Milk	300ml	2.20
	optional "sippahh straw"		.80c
	Up & Go		3.00
	Chocolate or Strawberry	300ml	2.50
	Chocolate or Strawberry	400ml Zimil	4.20
	Smoothies	Pre Order ONLY	4.80
	- Banana		
	- Strawberry		
	Iced Coffee 500ml		4.00
CANS			
	Sprite Zero (no sugar)		2.50
	Coke Zero (no sugar)		2.50
HOT DRINKS			
	Super Broth <i>(optional rice noodles or vegetables)</i>		3.50
	Assorted Herbal Teas		2.50
	Coffee (almond milk options)		3.50
	Hot Chocolate		3.00