



THE RIGHT BITE CANTEEN MENU 2023



SANDWICHES & WRAPS

Vegemite	\$2.50
Cheese	\$3.50
Cheese & Tomato	\$4.00
Egg, Lettuce & Mayo	\$5.00
Leg Ham	\$4.50
Ham & Cheese	\$5.00
Ham, Cheese & Tomato	\$5.50
Fresh BBQ Chicken	\$5.00
Salad Sandwich	\$5.00
Chicken Salad Sandwich	\$6.00
Ham Salad Sandwich	\$6.00
Tuna	\$5.00

Extras

Egg, Cheese, Beetroot, Lettuce, Tomato, Cucumber	\$0.50
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Ham & Cheese Toastie	\$5.00
Cheese Toastie	\$3.50
Cheese & Vegemite Scroll	\$3.00

Salads

Super Salad (Lettuce, Tomato, Cucumber, Carrot, Beetroot, Pineapple, Cheese)	\$5.50
Ham Salad	\$6.50
Fresh BBQ Chicken Salad	\$6.50
Tuna Salad	\$6.50
Add Egg	\$0.50
Dressing Tub (Honey Mustard, Balsamic, French or Italian)	\$0.50

Snacks

Popcorn	\$1.00
Milo Bites	\$1.00
Seasonal Fruit Piece	\$1.50
Banana Bread	\$2.50
Choc or Blueberry Muffin	\$2.50
Red Rock Deli Chips	\$1.50
Garlic Bread	\$2.00

Cold Treats

Apple Blackcurrant Cup	\$1.00
Ice Moosie	\$2.00
Yoghurt Twist	\$2.50
TNT	\$1.00
Quelch Fruit Stick	\$0.60

EVERYDAY

OCCASIONAL

HOT FOOD

Chicken Breast Schnitzel Wrap	\$4.00
Chicken Breast Schnitzel Wrap w/ full salad	\$6.00
Gluten Free Butter Chicken & Rice	\$5.00
Chicken Cup Noodles	\$4.00
Ham & Cheese Quesadilla	\$5.00
6 x Chicken Breast Fingers	\$4.00
6 x Chicken Breast Nuggets	\$4.00
6 x Gluten Free Chicken Nuggets	\$4.00
Lean Large Meat Pie	\$4.00
Lean Party Pie	\$3.00
Sausage Roll	\$3.50
Chicken Finger Gravy Roll	\$5.00
Ham & Pineapple Pizza	\$5.00
BBQ Chicken Pizza	\$5.00
Tomato/BBQ Sauce Sachet	\$0.50

Burgers

Cheese Burger (Patty, Cheese, Sauce)	\$5.00
Works Burger (Patty, Cheese, Sauce & full salad)	\$6.00
Chicken Burger (Breast Schnitzel, Mayo, Lettuce)	\$5.00
Chicken Works Burger (Breast Schnitzel, Mayo & full salad)	\$6.00

Drinks

Bottled Water	\$2.00
Apple or Orange Juice	\$2.00
Flavoured Milk (Choc or Strawberry)	\$2.50
Chill J (Grape, Raspberry, Watermelon)	\$2.50

Recess

Cookie Pack	\$1.50
Nacho Cups (GF)	\$2.50
Popcorn	\$1.00
Cheese & Biscuit Pack	\$2.00
Warm Banana Bread	\$2.50
Garlic Bread	\$2.00
Warm Muffin (Choc/Blueberry)	\$2.50
Red Rock Deli Chips	\$1.50

