

# Made Fresh Canteen Menu

SANDWICHES (White or Wholemeal Bread)		
	Cheese	\$2.00
	Lean Ham	\$2.50
	Cheese & Tomato	\$3.00
	Lean Ham & Cheese	\$3.50
	Lean Ham, Cheese & Tomato	\$4.00
	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.00
	Tuna, Lettuce & Mayo	\$4.00
	Fresh Chicken with Cheese	\$4.00
	Fresh Chicken, Lettuce & Mayo	\$4.00
	Fresh Chicken & Salad	\$4.50
	Lean Ham & Salad	\$4.50

WRAPS - ROLLS (FOCACCIA extra \$1.00)		
	Cheese & Tomato	\$3.50
	Lean Ham & Cheese	\$4.00
	Lean Ham, Cheese & Tomato	\$4.50
	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.50
	Tuna, Lettuce & Mayo	\$4.50
	Fresh Chicken with Cheese	\$4.50
	Fresh Chicken, Lettuce & Mayo	\$4.50

SALADS (All Salads served in 12oz Dome)		
	Garden Salad	\$4.00
	Tuna Salad	\$4.50
	Cheese Salad	\$4.50
	Lean Ham Salad	\$4.50
	Fresh Chicken Breast Salad	\$4.50
	Fresh Chicken Breast Pasta Salad	\$5.00
	Fresh Chicken Caesar Salad	\$5.00

VEGGIE & OTHER SNACK PACKS		
	Veggie Dome (Carrots,Celery,Corn,Tomatoes, Bread Sticks	\$4.00
	Veggie Dome with Cheese Cubes & Bread Sticks	\$4.50
	Veggie Dome with Fresh Chicken Breast & Bread Sticks	\$5.00

SUSHI sold at counter		
	Teriyaki Chicken with Cucumber	\$4.00
	Salmon with Cucumber	\$4.00
	Veggie Tofu, Carrot, Cucumber VEGAN	\$4.00
	Tuna with Cucumber	\$4.00

RICE PAPER ROLLS sold at counter		
	Chicken with Lettuce, Carrot & Cucumber	\$4.00
	Sweet Chilli Chicken with Lettuce, Carrot & Cucumber	\$4.00
	Vegerarian with assorted seasonal veggies	\$4.00

CRUNCH N SIP PACKS		
	Fresh Orange / Apple Wedges & Water 400ml	\$2.30
	Fresh Piece of Fruit & Water 400ml	\$3.00
	Fresh Diced Fruit cup & Water 400ml	\$3.00

SNACKS & FROZEN TREATS		
	Plain or Frozen 99% Juice cup Small (3 Flavours)	50c
	Plain or Frozen 99% Juice-Jelly cup Small (3 Flavours)	50c
	Custard small cup	50c
	Plain or Frozen 99% Juice cup (3 Flavours)	\$1.00
	Plain or Frozen 99% Juice-Jelly cup (3 Flavours)	\$1.00
	Custard cup	\$1.00
	Frozen Plain Milk cup	\$1.00
	Frozen 99% Quelch Fruit Juice Sticks (4 Flavours)	\$1.00
	Bread Sticks x 4 (2 Flavours)	\$1.00
	Frozen Diced Pineapple cup	\$1.00
	Frozen Orange wedges	\$1.50
	Frozen Mandarin wedges	\$1.50
	Frozen Milk cup (Chocolate, Banana, Strawberry)	\$1.50
	Frozen 99% Nippy’s Juice Cup (3 Flavours)	\$1.50
	Frozen Grapes Cup	\$2.00
	Frozen Watermelon Cup	\$2.00

As required by the NSW government all menu items sold each day, are to be listed as Everyday or Occasional food to allow parents and caregivers informed choices. The NSW state government states menu items are required to be 80% everyday and 20% occasional. Made Fresh is proud that we have exceeded this requirement. We have kept our prices reasonable even after an increase to the levy for the "container scheme fee". Our suppliers have also increased their prices on eligible/quality goods under the new "star system".

Your child’s healthy eating is paramount to our business.

Thank you for your ongoing support.

BREAKFAST - RECESS & LUNCH sold at counter		
	Plain Milk cup	\$1.00
	Diced Pineapple cup	\$1.00
	Vegemite or Jam or Honey Toast	\$1.50
	Hot Chocolate cup	\$1.50
	Lite Banana Milk cup	\$1.50
	Lite Chocolate Milk cup	\$1.50
	Lite Strawberry Milk cup	\$1.50
	Fresh Cut Veggie cup	\$1.50
	Toasted Cheese Sub	\$1.50
	Toasted Cheese & Lean Ham Sub	\$2.00
	Fresh Grapes cup (seasonal)	\$2.00
	Fresh cut Watermelon cup	\$2.00
	Fresh Diced Fruit cup	\$2.00
	Tabouleh cup	\$2.00
	Corn Flakes Bowl	\$2.50
	Pancakes x2 with Honey	\$2.50
	Vanilla Yoghurt (low fat)	\$2.00
	Yoghurt & Fruit cup	\$2.50
	Yoghurt & Muesli cup	\$2.50

Gluten Free Bread or Tortilla	extra \$1.00
Gluten Free Focaccia	extra \$1.00
Upsize Salad, Fruit Salad to 200z	extra \$1.50
Extra fillings (Shredded or Sliced Cheese)	extra \$1.00
Avocado, beetroot etc)	extra 50c
Sauce or Cutlery	each 30c

All our meat products are Halal certified (excluding pork based products)

HOT FOOD		
	Corn Cob	\$1.00
	Chicken Wings x1	\$1.00
	Garlic bread (made fresh daily)	\$1.00
	Pizza Cheese Sub (served on roll)	\$2.50
	Mexican Quesadilla	\$3.00
	Stuffed Vine Leaves with Rice x5	\$3.00
	Beef Meatball Sub with Napolitana Sauce / Cheese	\$4.50
	Chicken Meatball Sub with Cheese	\$4.50
	Plain Grilled Chicken Souvlaki on a Roll	\$4.50
	Plain Grilled Chicken Souvlaki Wrap	\$4.50
	Homemade Pizza with Cheese	\$5.00
	Homemade Pizza with Lean Ham & Cheese	\$5.50
	Homemade Hawaiian Pizza	\$5.50
	Cheeseburger (cheese & bbq sauce)	\$5.50
	Beef Lasagne	\$5.50
	Vegetarian Lasagne	\$5.50
	Aussie Lean Beef Burger Lettuce/Tomato	\$5.50
	Chicken Breast Fillet Burger Lettuce & Mayo	\$5.50
	Fillet-O-Fish Burger	\$6.00

HOMEMADE MENU (TWO cooked each day)		
Australian, European, Asian & Mexican Meals		
	MONDAY	Pasta with Cheese Meatballs \$4.50
		Pasta with Beef Meatballs \$4.50
	TUESDAY	Curry Chicken with Rice \$4.50
		Penne Napolitana \$4.50
	WEDNESDAY	Pasta with Chicken Bolognaise Sauce \$4.50
		Pasta with Beef Bolognaise Sauce \$4.50
	THURSDAY	Mac & Cheese \$4.50
		Butter Chicken with Rice \$4.50
	FRIDAY	Tuna Pasta Bake \$4.50
		Pasta Salad \$4.50

DAZZLING MEAL DEALS...		
If you buy a meal combo you would save up to \$1.00		
	PACK 1	CHEESE SANDWICH \$3.50 Water 400ml + frozen stick or apple or orange
	PACK 2	STUFFED VINE LEAVES with RICE \$4.50 Water 400ml + frozen stick or apple or orange
	PACK 3	MEATBALL SUB \$6.00 Water 400ml + frozen stick or apple or orange
	PACK 4	PASTA with MEATBALLS \$6.00 Water 400ml + frozen stick or apple or orange
	PACK 5	PASTA BOLOGNAISE \$6.00 Water 400ml + frozen stick or apple or orange
	PACK 6	CHICKEN & CHEESE ROLL \$6.50 Water 400ml + frozen stick or apple or orange
	PACK 7	CHICKEN & CHEESE SANDWICH \$6.50 Water 400ml + frozen stick or apple or orange

MILK - JUICES - DRINKS		
	Water 400ml	\$1.50
	Water 600ml	\$2.00
	Milk 300ml (plain)	\$2.50
	Popper 99% Juice 250ml (4 Flavours)	\$2.50
	Light Milk 300ml (3 Flavours)	\$3.00
	UP & GO 250ml (6 Flavours)	\$3.00

FRESH FRUIT		
	Orange, Apple or Mandarin	\$1.00
	Orange, Apple or Mandarin Wedges cup	\$1.30
	Banana	\$1.30
	Seasonal Fresh Fruit Salad Bowl (12oz)	\$3.50

OCCASIONAL ITEMS		
HOT FOOD - SNACKS & FROZEN TREATS		
	Hash Brown	\$1.00
	Chicken & Corn Roll	\$1.50
	Potato Wedges Bag	\$2.50
	Noodles cup	\$3.50
	Chicken or Beef Hot Dog (one free sauce)	\$3.50
	Chicken Nuggets x5 or Goujonettes x5	\$3.50
	Meat Pie (one free sauce)	\$4.50
	Sausage Roll (one free sauce)	\$5.50
	Pizza Wrap (Tomato & Olives, BBQ Chicken)	\$5.50
	Veggie Burger	\$5.50
	Chicken Burger	\$5.50
	Tuna Pattie Burger	\$5.50
	Homemade Cookies x1 (freshly made daily)	50c
	Gummy Bear x3	\$1.00
	Popcorn	\$1.00
	Jelly cup (Raspberry & Lime)	\$1.00
	Monster Noodle Snacks ( Chicken or BBQ)	\$1.30
	Homemade Fresh Muffins (freshly made daily)	\$1.50
	Vanilla Ice Cream cup	\$2.00
	Red Rock Deli Chips 28g	\$2.50

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS