



CAMPUS CANTEEN

right bite MENU 2022

PLEASE PRINT ME AND STICK ME ON YOUR FRIDGE!

Canteen Manager: David Rismondo **Phone (Campus Office):** 8270 3077

Online Orders can be made through the QKR app (orders must be received by 9:15am)

All foods have been carefully selected to meet the 'Rite Bite' guidelines. Rite Bite colour codes are Green and Amber. These are indicated in the menu below by the headings. **GREEN foods** are the best everyday choices. These foods are excellent sources of nutrients and typically reflect the five food groups. **AMBER foods (select carefully)** These items are mainly processed foods that have had some fat, sugar or salt added to them.

SANDWICHES/WRAPS/SALADS/BAGUETTE	SANDWICHES
GF Options available, Rolls and Bread no extra cost	
Salad Sandwich \$ 3.50 <i>Carrot, cucumber, tomato and mixed lettuce (add cheese or vegan mayo for \$0.50)</i>	Ham and Cheese \$ 2.50 (toasted)
Roast Chicken and Salad Sandwich \$ 4.00 <i>Canteen roasted chicken, carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo TRY IT IN A WRAP for \$1.00</i>	Cheese \$ 2.50 (toasted)
Ham and Salad Sandwich \$ 4.00 <i>Shaved Virginian ham, carrot, cucumber, tomato, mixed lettuce and cheese TRY IT IN A WRAP for \$1.00</i>	Vegemite and Butter Sandwich \$1.50 <i>ADD CHEESE for \$0.50</i>
Wholemeal Garden Salad Wrap \$ 3.50 Mixed lettuce, cucumber, tomato, carrot	Add Cucumber, Carrot, Tomato or Mixed Lettuce \$0.60 Add Roast Chicken, Ham, Roast Beef and Tuna \$1.50
Garden Salad \$ 3.50 <i>Mixed Lettuce, tomato, cucumber, carrot (V) (VG) (GF) ADD ROAST CHICKEN OR BEEF for \$1.50</i>	HOT FOODS
Roast Beef and Salad Sandwich \$4.00 Canteen roasted beef, carrot, cucumber, tomato, mixed lettuce, cheese and vegan mayo <i>TRY IT IN A WRAP for \$1.00</i>	MRS MAC Meat Pie (Lite n Up) \$ 5.00
Tuna and Salad Sandwich \$4.00 Tuna, mixed lettuce, carrot, cucumber, tomato And vegan mayo <i>TRY IT IN A WRAP for \$1.00</i>	MRS MAC Sausage Roll (Lite N Up) \$ 3.50
Campus ½ Baguette or ¼ Baguette From \$2.20 Any choice of meat, chicken beef or tuna, and your choice of salad, mixed lettuce, tomato, cucumber, carrot <i>ADD cheese and mayo for an extra \$1.00</i>	Hot Dog (with/without sauce) *GF option from \$4.00
	Half Hot Dog (with/without sauce) from \$ 3.00
	Chicken Nuggets (6) GF \$ 4.00
	Chicken Nuggets (3) GF from \$ 2.50
	Potato Gems (10) GF \$ 3.50
	Garlic Bread (4 Slices) \$ 2.50
	Tomato (GF) or BBQ sauce \$0.50

SNACKS/DRINKS	SNACKS	ICED TREATS Amber/Green
Bananas and Apples \$ 1.00	Red Rock Chips \$ 1.50	Moosie's \$2.00 (strawberry and chocolate)
	Cheese and Crackers \$1.00	Tassie Juicies 100% Juice \$ 1.50 (lemon, wildberry and tropical)
	Cobs Natural Popcorn \$1.00	Zooper Doopers \$ 0.50 (assorted flavours)
DRINKS	Canteen Made Banana \$2.00	Everest Dixie Cup (GF) \$1.00 (strawberry and vanilla)
Oak flavored Skim Milk (chocolate/strawberry) \$2.50	Bread (only served over the counter in the canteen, days vary)	
Harvey Fresh Juice (apple/orange/apple-blackcurrant) \$2.00	Carrot and Cucumber sticks \$3.00	
Spring Water \$2.00	with Hummus	

FOOD ALLERGIES – Please be aware that while all care is taken when catering for specific dietary requirements, it must be noted that within our canteen we also handle products containing sesame seed, wheat and dairy. Customer requests will be catered for to the best of our ability however, the decision to purchase and consume our meals does ultimately remain the responsibility of the parent and student. Please note: We do have a variety of Gluten Free and Vegetarian options listed.



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TUESDAY SUSHI DAY	Thursday and Friday Pizza Day
<p>Cooked Tuna Avocado Roll (GF) \$2.60 Sushi rice, seaweed paper, cooked tuna, vegan mayo, and avocado</p> <p>Crispy Chicken Lettuce Roll \$2.60 Sushi Rice, seaweed paper, coz lettuce, crispy chicken</p> <p>Cucumber Sushi Roll (GF) \$2.50 Sushi rice, seaweed paper, vegan mayo, cucumber</p> <p>Teriyaki Chicken Avocado Roll (GF) \$2.60 Sushi rice, seaweed paper, teriyaki chicken, avocado</p> <p>Teriyaki Chicken Cucumber Roll (GF) \$2.60 Sushi rice, seaweed paper, teriyaki chicken, avocado</p> <p>GF Soy sauce \$0.20c</p>	<p>Pepperoni \$4.80</p> <p>Ham and Pineapple \$4.80</p> <p>Ham and Cheese (GF available) \$4.80</p> <p>Margherita (GF available) \$4.80</p> <p>Cheese \$4.80</p> <hr/> <p style="background-color: #f1c40f; text-align: center;">New item's to be added soon</p> <p>Canteen Made Penne Bolognese \$4.50 (GF option available)</p> <p>Canteen Made Penne Napolitana, \$4.50 (GF option available)</p> <p>Canteen Made Butter Chicken \$4.50 (GF) (add a Mini Naan for \$1.00)</p> <p>Vege Fried Rice (GF), Allied Chef \$4.00</p> <p>2 Minute Rice Noodle Cups, Chicken (GF) \$2.80</p> <p>Cheese Burger Slider (canteen made patty) \$3.50</p> <p>Jumbo Vege Spring Rolls \$2.80</p>

	Special Dietary Foods, Coming Soon	
	<p>Quorn Plant Based Nuggets \$3.50</p> <p>Yumi's Sweet Potato Bite's \$3.50</p> <p>Nature's Kitchen Meat Free Sausage's \$2.80 (add hot dog roll \$1.50 or piece of bread \$1.00, sauce \$0.50c, GF Bread Available \$1.00)</p>	

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