



# Fresh Starts Canteen Menu



## Breaky and Healthy Snacks

### \$1 Options:

Cereal OR Juice in a Cup  
Hash Brown  
Hot Chocolate

### \$1.50 Options:

Homemade Fresh Muffins  
Vanilla Yoghurt Cup  
Watermelon OR Grapes Cup  
Apple OR Seasonal Fruit

### \$2 Options:

Pancakes  
Fruit Salad Cup

\$3.50 Large Fruit Salad



## Fresh Sandwiches and Wraps

\$1.50 Vegemite OR Jam

\$2 Cheese

\$2.50 Ham

\$3 Ham and Cheese

### \$3.50 Options:

Tuna and Mayo  
Salad  
Chicken Breast, Lettuce and Mayo  
Ham, Cheese and Tomato

### \$4 Options:

Ham and Salad  
Tuna and Salad  
Chicken Breast and Salad

\$5 Chicken Breast, Cheese and Salad

*Prices listed are for a sandwich. Upgrade to a wrap for \$1. White or wholemeal available.*

## Tasty Tempters

### \$3 Options:

Homemade Sausage Roll  
Mamee Noodle Cup (Chicken or Beef)

### \$3.50 Options:

Wedges  
Hot Dog  
Cheese Pita Pizza (Wednesday only)

### \$4 Options:

6 Nuggets  
Ham and Cheese Pita Pizza (Wednesday only)

### \$4.50 Options:

Beef Burger w/ Cheese  
Lasagne  
Spaghetti Bolognese or Meatball Pasta

### \$5 Options:

Sweet Chilli Chicken Breast Wrap  
Chicken Breast Burger w/ Lettuce and Mayo

\$5.50 Loaded Beef Burger w/ Salad

*Sauce Portions are 30 cents*

*Please note that Mamee Noodle Cups will not be sent in the lunch baskets and must be collected from the canteen.*

## Fresh Subs

*Build your own Fresh Sub roll. Choose 1 meat and add any condiments or dressings.*

**Only \$6.50**

### Choice of Meat:

Chicken Schnitzel  
Chicken Breast  
Ham  
Tuna  
Italian Meatballs

### Condiment Selection:

Avocado, Cheese, Cucumber, Onion, Tomato, Lettuce, Carrot or Olives

### Dressing Selection:

Caesar, Garlic Aioli, Ranch, Mayo, Tomato Sauce or BBQ

*Add a Water for \$1*

## Fresh Salads

*Dressing Selection: Italian, French or Caesar*

### Garden Salad:

Lettuce, Tomato, Carrot and Cucumber

### Caesar Salad:

Lettuce, Ham, Croutons and Cheese

### Baby Spinach Salad:

Baby Spinach, Tomato, Olives, Cucumber and Cheese

### Vegetarian Salad:

Cucumber, Tomato, Onion, Lettuce, Baby Spinach, Corn, Carrot and a Drizzle of Vinaigrette

### Pasta Salad:

Pasta, Tomatoes, Cheese, Corn, Onion in a Creamy Mayonnaise base

**\$4.50 for a Regular**

**\$6 for a Large**

**Add Meat to any Salad for \$1.50**

*Add a Water for \$1*

## Gluten Free Items

\$1 Hash Brown

\$1 Popcorn

\$4 Sausage Roll

\$4.50 Lasagne

All Sandwiches on the menu – add an additional \$1 to the price listed

All Salads

*Please write Gluten Free on your lunch bag*





# Fresh Starts Canteen Menu



## Munch Crunch N Sip

### \$1 Options:

Popcorn  
Noodles  
Quelch Stick

\$1.20 Rice Sticks

### \$1.50 Options:

Homemade Fresh Muffins  
Frozen 200ml Juice Cup  
Ice Mony  
100% Juice Poppers  
350ml Water

### \$2 Options:

Sea Salt Red Rock Deli Chips  
Paddlepop  
600ml Water

\$3 Oak Flavoured Milk  
(Strawberry, Chocolate, Banana)

*If Ice treats are ordered for lunches, these need to be collected from the canteen.*

## Over the Counter Items Only

### \$1.50 Options:

Homemade Pasta Pots with Napolitana Sauce  
Homemade Garlic Bread

### \$2 Options:

Pizza Buns  
Pesto Penne Cup

\$2.50 Dried Fruit Mix



*Other items may be available as specials.*

## Healthy Kids Reward Program

Simply Purchase a piece of fruit or healthy sandwich to receive a Fresh Start Rewards Card.

After the 5<sup>th</sup> Purchase, your 6<sup>th</sup> Purchase of the previous Five is **FREE!**

Encourage your kids to make healthy choices.

## Go Green in the Canteen!

## Healthy Meal Deals

*Simply choose one item from columns 1, 2 and 3 below as your lunch meal combo*

**for \$6.50**

**1**

Spaghetti Bolognese  
Creamy Curry Chicken & Pasta  
Stir Fry Chicken & Vegetables  
Salad Wrap  
Garden Salad

**2**

Fruit  
Yoghurt

**3**

Popper  
Water

*Add a Flavoured Oak Milk for \$1 extra instead of a Popper or Water*



Visit our Website for more information:  
<https://www.freshstartcanteens.com/>