



# SHAPS & CO CANTEEN MENU

## Breakfast



Banana bread	\$3.00
Raisin toast	\$2.00
Cheese toast	\$2.00
Cheese & bacon roll	\$2.00
Assorted muffin	\$2.00
Hash browns	\$1.00

## Sandwiches



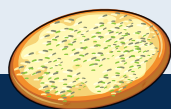
Chicken, lettuce, mayo	\$4.50
Tuna, lettuce, mayo	\$4.00
Ham, cheese, tomato	\$4.00
Egg, lettuce, mayo	\$4.00
Salad	\$3.00
Cheese, tomato	\$2.50
Cheese	\$2.00

## Wraps



Chicken, lettuce, mayo	\$5.50
Tuna, lettuce, mayo	\$5.00
Ham, cheese, tomato	\$5.00
Egg, lettuce, mayo	\$5.00
Salad	\$4.50
Cheese, tomato	\$3.50

## Mediterranean



Cheese pizza	\$5.00
Oregano pizza	\$4.00
Falafel (lettuce, tomato)	\$5.00
Kafta (lettuce, tomato)	\$5.00
Lahm bi ajeen	\$5.00

## Hot food



Sausage roll	\$3.50
Beef pie	\$3.50
Beef lasagna	\$5.00
Chicken nuggets (6)	\$3.50
Chicken strips	\$3.50
Beef sausage	\$4.00
Hot dog	\$4.00
Add mash	\$2.00
Cheeseburger	\$5.00
Chicken burger	\$5.00
Spaghetti bolognese	\$5.00
Garlic bread	\$2.50
Baked hot chips	\$4.00

## Salads



Greek salad	\$5.00
Bean salad	\$5.00
Pasta salad	\$5.00
Tabouli	\$5.00
Fattouch	\$5.00
Add chicken	\$2.00

## Vegetarian



Grilled fish fingers (3)	\$3.00
Baked fish (3) and chips	\$5.00
Fried rice	\$4.00
Hokkien noodles, vege	\$5.00
Spinach & cheese roll	\$4.00
Majadra (rice, lentil)	\$5.00
Vegetable casserole	\$5.00
Red rice (cucu, yoghurt)	\$5.00
Vegetable spring roll (5)	\$3.50

## Sushi



Tuna & avocado (2 rolls)	\$4.50
Tuna & cucumber (2 rolls)	\$4.50
Vegetarian (2 rolls)	\$4.50
Chicken teriyaki (2 rolls)	\$4.50

## Fruit



Watermelon tub	\$5.00
Piece of fruit	\$1.00

## Snacks



Corn on a cob	\$1.00
Chips (28g)	\$2.00
Jelly cup	\$1.50
Ice blocks (Term 1, 2, 4)	\$1.00
Alternative snack sold daily at counter	

## Drinks



Water	\$2.00
Juice (apple, orange)	\$2.50
Chill J (flavoured water)	\$3.00
Up & Go (choc)	\$2.50
Plain milk	\$2.50
Warm hot chocolate	\$3.00
Flavoured milk (choc/straw)	\$2.50

*For gluten-free, lactose or any dietary requirements, please see canteen staff. All our food is baked, not fried. All our food is prepared fresh on premises daily.*