



# SHAPS & CO CANTEEN MENU



Breakfast	
Banana bread	\$3.50
Cheese & bacon	\$2.50
Cheese toast	\$2.50
Toast 1 slice	\$1.00
Toast 2 slice	\$2.00
Assorted muffins	\$1.50
Hash brown	\$2.00



Sandwiches	
Chicken, lettuce, mayo	\$5.50
Tuna, lettuce, mayo	\$5.00
Ham, cheese, tomato	\$4.50
Salad	\$3.50
Cheese, tomato	\$3.50
Cheese	\$3.00



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



Wraps	
Chicken, lettuce, mayo	\$6.00
Tuna, lettuce, mayo	\$6.00
Ham, cheese, tomato	\$6.00
Salad	\$5.00
Cheese, tomato	\$4.00




Mediterranean	
Cheese pizza	\$6.00
Falafel (lettuce, tomato)	\$6.00
Lahm bi ajeen	\$6.00



Vegetarian	
Grilled fish fingers (3)	\$3.00
Baked fish (3) and chips	\$6.00
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
Vegetarian pasta	\$5.00
Fish burger	\$5.00

*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.*



Salads	
Greek salad	\$5.00
Caesar Salad	\$5.00
Pasta salad	\$5.00
Fattouch	\$5.00
Add chicken	\$2.00



Fruit	
Watermelon tub	\$5.00
Piece of fruit	\$1.00
Orange wedges cup	\$2.50
Fruit smoothie cups	\$3.50



Snacks	
Corn on a cob	\$1.00
Chips (28g)	\$2.00
Jelly cup	\$1.50
Ice blocks (Term 1, 2, 4)	\$1.00

*Alternative snacks sold daily at the counter*



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

*\* Chocolate and strawberry*