



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
Egg

\$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 (Egg if requested)

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 Popcorn

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

All Salads

\$5.50 options:

Creamy Chicken Curry Pasta

Spaghetti Bolognese or Meatball Pasta

Please write Gluten Free on your lunch bag





Fresh Starts Canteen Menu



Munch Crunch N Sip

\$1 Options:

Popcorn
Noodles
Quech Stick

\$1.20 Rice Sticks

\$1.50 Options:

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

\$1.80 100% Juice Poppers

\$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 5th Purchase, your 6th 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/>