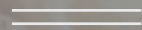
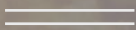


MENU
2019



FREMANTLE COLLEGE CANTEEN



**MENU
2019**



COLD DISPLAY SELECTION

A Varied selection of cold food will be offered daily.

Assorted Fresh Sushi option of white and brown rice Salmon, Tuna Teriyaki Chicken, Katsu Veggie Sushi - Sm Fr\$5.00 Large \$6.50 Salmon \$7.50

Fresh Chicken Caesar Salad From \$6.50- \$7.50

Greek salads fr \$5.50 -\$6.50

Pasta salads/potato salads pesto salads fr \$4.50

Assorted Half Wraps from \$4.00 GF available

Yogurt and Granola Cups from \$3.00

Date & Coconut Healthy Bliss Balls from \$2.50

Jelly \$1.50

PRE ORDERS WELCOME

FRESH SANDWICHES/CIABIATTA PANINI/WRAPS

CRUSTY ROLLS ASS TOASTED SANDWICHES

Salad inc spinach grated carrot cucumber

Chicken Mayo Salad SW \$5.00

Leg Ham Salad Mayo SW \$5.00

Cheese Salad Mayo SW \$5.00

Ciabatta Panini \$6.50

Blt Sandwich \$5.50

Plain Leg Ham SW \$4.00

Roast Beef/Relish Salad \$5.50

EXTRA FILLINGS

Beetroot \$1.00 Egg \$1.00

Cheese \$1.00 Bacon \$1.50

CIABIATTA PANINI \$6.50

SELECTION OF SANDWICHES
ROLLS AND SALADS AVAILABLE
DAILY

WHITE/WHOLEMEAL/RYE

BREAD AVAILABLE



HOT DISPLAY SELECTION

A VARIED SELECTION OF HOT FOOD WILL BE OFFERED DAILY

Cheeseburgers with Salad \$5.50 HALAL

Spicy Chicken & Salad Burgers \$5.50 HALAL

Crumbed Chicken Burgers with Salad \$5.50 HALAL

Hotdogs \$4.00 Bacon egg Burger \$5.50

Sweet Chilli Chicken Wraps \$5.00

Chicken & Cheese Mayo Toasties \$5.00

Cheese Toasties \$3.50 Ham Cheese toasties \$4.50

Sweet Chilli Chicken Red Onion & Spinach Toasted Panini from \$6.50-\$7.50

Chicken Cheese & Light Mayo Toasted Panini \$6.50M

SM \$5.00 Mexican Panini Sm \$5.00 Lge \$7.50

Chicken Schnitzel Aioli & Spinach Toasted Panini \$7.50 Parmigiana Panini \$7.50 SM \$5.50

BLT Panini \$7.50 Bacon egg Panini \$7.50 BBQ Sauce SM \$5.00

Garlic Bread \$2.50

Bacon Egg Muffin \$4.00 Garlic Aioli Cheesies \$3.50

Chicken Caesar Wraps \$5.50/Peri Peri Wrap \$5.00

Vegetarian Toasted Panini \$7.50

Assorted nuggets Fr \$3.50- \$4.00

Pizza Assorted From \$3.50 Potato Gems \$3.50

Oven Baked Potato Wedge Cups From \$4.50

Spinach Ricotta Lasagna \$5.00

Thai Chicken Curry & Rice \$5.00

Mild Chicken Curry Rice Sm \$5.00 Leg \$7.50

Butter Chicken & Rice Sm \$5.00 Lge \$7.50

Lasagne \$5.00 Teriyaki Chicken Rice \$5.00

Homemade Pasta Bolognese \$5.00 Large \$6.50

Potato Bake \$4.50 Homemade Fried Rice \$4.50

Sweet Chilli Chicken Baguettes From \$4.50 - \$6.50

MENU
2019



Snack Foods/ Ice creams

- Assorted Muesli Bars \$1.50
- Assorted Gluten Free Bars \$2.00
- Veggie Chips \$1.50 Veggie sticks \$1.00
- Popcorn \$1.00 Grain Waves \$2.50
- Assorted Red Rock \$2.50
- Assorted freshly baked cookies fr \$1.00
- Assorted Sweet Muffins fr \$3.00
- Apple/cinnamon/Raspberry White Choc
- Choc Chunk/Double Choc
- Assorted Cakes & Slices from \$2.50
- Assorted paddle pops \$2.00
- Icy pole Twists \$2.00 / Fro Yo 2 Go Fr \$3.00
- Light Bulla Ice Cream Cups \$2.00
- Icy pole sticks \$1.00 Twisted yogurt cup \$2.50
- Milo Cups \$3.50 Cyclone Twists \$2.50

Drinks Menu

- Brownes/Masters Flavoured Milks 600mL \$3.50
- Brownes Flavoured Milks 300mL \$2.50
- Brownes Orange C 600mil \$3.50
- Assorted Flavours Lipton Ice Tea \$3.50
- Assorted Juice Boxes from \$1.00
- Waterfords Ass Sparkling Waters \$3.00
- Orange mango/Apple Berry/Tahitian Lime/Pass
- Milo Boxes \$2.00 /Coconut Water From \$3.00
- Golden Circle Ass Juice bottles \$3.00
- NEW COLD PRESS JUICES \$3.00
- Up & Go \$2.50 Lg \$3.50
- 600 mil Water \$ 2.50 Ass yogurts \$2.50

EFTPOS/CREDIT CARD FACILITIES AVAILABLE

Pastry Items

HALAL OPTIONS AVAILABLE

- Good Eating Beef Cruiser Pies \$4.00
- Mrs Macs giant sausage Rolls \$4.00
- Quiche Lorraine \$4.50
- Hungry man Sausage Rolls \$5.00
- Cheese & Spinach Rolls \$5.00
- Halal Sausage Rolls Pies \$4.50 Halal pies \$4.00
- Angus Beef Pepper Steak Pies \$5.00
- Curry Pies \$5.00 Chunky Steak Angus Pies \$5.00
- Free Range Chicken & Cheese Rolls \$4.00
- Veggie rolls \$5.00 Veggie Pasties \$5.00
- Corn Jacks \$3.50
- Nachos \$5.50
- Daily meal deal options \$6.50

