

# FRESH CANTEENS by Prestige

## Breakfast

Apple (gf)(v)	\$1.50
Banana (gf)(v)	\$1.50
Vegemite Toast (v)	\$1.50
Cereal / Milk (v)	\$2.50
Muffin (v)	\$3.00
Fruit Salad Cup (gf)(v)	\$3.00
Yoghurt, Granola, Berry Cup (gf)(v)	\$4.00
Ham and cheese croissant	\$4.50
Bacon and egg toastie	\$5.00

## Recess & Lunch

Croissant - Ham and Cheese	\$4.50
Toastie	\$4.50
Chicken, Cheese and Mayo	
Ham and Cheese	
Sandwich / Roll (GF +50c)	\$4.50 /
Chicken and Salad	
Ham and Salad	
Salad (v) pre order only	
Cheese and Vegemite Sandwich	\$2.00
Wrap	\$4.50
Chicken and Salad	
Ham and Salad	
Vietnamese Rice Paper Rolls (2)	\$4.50
Teriyaki Chicken (gf)	
Avocado (gf)(v)	
Sushi	\$5.00
Chicken (gf)	
Vegetarian (gf)(v)	
Toasted Turkish Bread	\$5.00
Chicken, Cheese and Mayo	
Burger	\$5.00
Cheeseburger	
Vegetarian (v) pre order only	
Homemade Soup (gf)(v) winter	\$2.50

## Daily

Fresh Garden Salad	\$4.50
Roast Root Vegetable Salad	
<b>Mon / Fri</b>	
Pizza Sub	\$4.00
<b>Tues / Thurs</b>	
Sausage Roll	\$4.00
Pie	\$4.50
Blackbean Burrito Roll (v) pre-order only	\$4.00

## Daily Specials

<b>Monday</b> - Mucultural Special	\$4.50
<b>Tuesday</b> - Mexican Street Food Sweet Corn	\$4.00
<b>Wednesday</b> - Plant Based Special	\$4.50
<b>Thursday</b> - Spaghetti Bolognese	\$4.50
<b>Friday</b> - Fried Rice (gf)(v)	\$4.50

## Snacks

Apple (gf)(v)	\$1.50
Banana (gf)(v)	\$1.50
Vegetable Sticks	\$3.00
Cookie (v)	\$2.20
Muffin (v)	\$3.00
Yoghurt / Yogo (v)	\$2.20
Vege Chips (gf)(v)	\$2.50
Grain Waves (v)	\$2.50
Fruit Salad Cup (gf)(v)	\$3.00
Yoghurt, Granola, Berry Cup (gf)(v)	\$4.00

## Icecreams

Ice Cup - 100% frozen juice (gf)(v)	\$1.50
Calippo - Mini (gf)(v)	\$1.50
Calippo - Regular (gf)(v)	\$2.00
Paddle Pop (v)	\$2.00

## Drinks

Water	\$2.00
Chill - Flavoured Milk 300ml	\$2.50
Chill - Flavoured Milk 600ml	\$4.50
Emma & Tom's Juice & Smoothies	\$4.50
Nippy's Iced Coffee	\$4.00
Orange C 300ml	\$2.00
Orange C 600ml	\$4.20
Aloe Vera / Iced Tea	\$4.50
Fruit Juice Box	\$2.50
Up & Go	\$2.50



NO ITEM OVER \$5  
NEW MEAL DEALS  
MANY PRICES LOWER THAN 2021



**MY SCHOOL  
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*Making online easy!*

For online ordering

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**Meal Deals \$6.00**  
Sushi + Water  
Wrap + Orange C 300ml  
Sandwich + Juice Box



Pre-ordering available online or over counter. Gluten free (gf) Vegetarian (v)  
Items may contain nuts, milk, eggs, fish or other allergens. Please ask café staff for further information if you have dietary requirements, prior to purchase.  
Fresh Canteens is operated by a team of passionate locals. Our food is prepared fresh in our own kitchen or sourced from local suppliers.  
We use wholesome produce served in 100% biodegradable packaging.