



Meagan's KITCHEN

2024 Winter Menu



Sandwiches

GF bread available – extra \$1.30

E Jam, Honey, Vegemite	\$1.50
E Cheese	\$2.00
E Ham & Cheese	\$3.00
E Ham, Cheese & Tomato	\$3.50
E Egg, Lettuce & Mayo	\$4.50
E Tuna, Lettuce & Mayo	\$4.50
E Salad	\$4.50

(mixed leaves, tomato, cucumber, carrot, onion)

Wraps

E Ham & Cheese	\$3.50
E Ham, Cheese & Tomato	\$4.00
E Egg, Lettuce & Mayo	\$4.50
E Tuna, Lettuce & Mayo	\$4.50
E Caesar Salad	\$4.50
E Salad	\$4.50

(mixed leaves, tomato, cucumber, carrot, onion)

Salads

E Garden Salad GF V	\$4.50
----------------------------	--------

(mixed leaves, tomato, cucumber, carrot, onion)

E Caesar Salad (GF on request)	\$4.50
---	--------

(iceberg, egg, parmesan, crispy ham, croutons)

Extras *(when applied to an item above)*

E Chicken	\$1.50
E Tuna	\$1.50
E Ham	\$1.00
E Egg	\$1.00
E Cheese	\$1.00
E Pineapple	\$0.50

Snacks

E Piece of Fruit	\$1.00
E Cheese & Crackers (4) GF	\$1.00
E Cheese & Carrot sticks GF	\$1.00
E Jelly Cup (99.9% juice) GF	\$1.20
E Custard GF	\$1.20
E Fruit Salad Cup	\$1.20
E Cheese, Carrot & Crackers GF	\$1.50
O Grain Waves (sour cream & chives)	\$1.50
O Red Rock Deli (honey soy chicken)	\$1.50

Tummy Warmers

E Garlic Bread CM V	\$1.50
E Cheese Pizza Sub CM V	\$2.50
E Hawaiian Pizza Sub CM	\$3.00
O Meat Lovers Pizza Sub CM	\$3.50
E Macaroni & Cheese HM V	\$4.50
E GF Macaroni & Cheese HM V	\$5.00

(made with spirals)

E Spaghetti Bolognese HM	\$4.50
E Nachos HM (GF on request)	\$5.50

(Beef or Vegetarian - (greek yogurt & salsa)

O Beef Pie (bakery made)	\$4.50
O Sausage Roll (bakery made)	\$4.00

Drinks

E Bottled Water (350ml)	\$1.00
E Bottled Water (600ml)	\$2.00
E 99.9% Juice Popper	\$1.50

(apple, apple blackcurrant, orange, tropical)

E Chocolate Milk	\$2.50
E Strawberry Milk	\$2.50
E Up & Go	\$2.00

(chocolate, vanilla, DAIRY FREE chocolate)

* Salad dressing, tomato sauce & BBQ sauce available for **40c ea**

*Additional fork/spoon **10c ea**

***HM** – Homemade ***GF** – Gluten Friendly

***CM** – Canteen Made ***V** – Vegetarian

E Everyday Food O Occasional Food



Register for online ordering!

Download the app from the App Store or Google Play

Allergen Statement – As all meals are made in our canteens with shared equipment, we must advise that all meals may contain traces of WHEAT, GLUTEN CEREALS, NUTS, SOY, EGG, MILK, SESAME SEED & FISH