

FRESHLY  
MADE!

# OUR LADY OF THE SACRED HEART CANTEEN MENU

## BREAKFAST

<b>BACON ROLL</b>	\$4.00
<b>EGG ROLL</b>	\$4.00
<b>BACON &amp; EGG ROLL OR WRAP</b>	\$4.50
<b>HOME-MADE BANANA BREAD</b>	\$4.50
<b>MUFFIN</b>	\$4.50
VARIETY OF FLAVOURS	
<b>BREAKFAST MEAL DEALS</b>	
BACON & EGG ROLL OR WRAP & A SMALL FLAVOURED MILK	\$6.80
TOASTED BANANA BREAD & A SMALL FLAVOURED MILK	\$6.50



## TOASTED SANDWICH

GLUTEN FREE OPTIONS AVAILABLE (EXTRA \$1.00)	
<b>CHEESE</b>	\$3.50
<b>HAM &amp; CHEESE</b>	\$4.00
<b>HAM, CHEESE &amp; TOMATO</b>	\$4.50



## TURKISH (COLD)

<b>SCHNITZEL TABOULI</b>	\$6.50
CHICKEN SCHNITZEL, HOMMUS & TABOULI	
<b>SWEET CHILLI CHICKEN</b>	\$6.50
SWEET CHILLI TENDERS, MAYO, TOMATO, LETTUCE & CHEESE	

## COLD FOOD

<b>WATERMELON BOWL</b>	\$4.50
<b>FRESH FRUIT SALAD</b>	\$4.50
<b>YOGHURT &amp; BERRIES</b>	\$4.50
<b>YOGHURT &amp; MUESLI</b>	\$4.50
<b>FRUIT</b>	\$1.00
AVAILABLE DAILY	

## TURKISH (HOT)

<b>CHICKEN SCHNITZEL DELIGHT</b>	\$6.50
CHICKEN SCHNITZEL, PESTO, ROAST CAPSICUM & CHEESE	
<b>CHICKEN DELIGHT</b>	\$6.50
ROAST CHICKEN, PESTO SUNDRIED TOMATOES & CHEESE	
<b>HAM DELIGHT</b>	\$6.50
SMOKED HAM, SUNDRIED TOMATOES & CHEESE	
<b>CAESAR DELIGHT</b>	\$6.50
CAESAR DRESSING, CHICKEN SCHNITZEL, CHEESE & BACON	

## SANDWICH BAR

<b>CHICKEN</b>	\$4.50
LETTUCE & MAYONNAISE	
<b>CHEESE &amp; TOMATO</b>	\$4.00
<b>SMOKED HAM</b>	\$4.50
HAM, CHEESE & TOMATO	
<b>CHICKEN SCHNITZEL</b>	\$4.80
HOMMUS & TABOULI	
<b>SALAD</b>	\$4.50
LETTUCE, TOMATO, CUCUMBER, BEETROOT, ONION & CARROT	
<b>EGG</b>	\$4.00
EGG, MAYO & LETTUCE	
<b>TUNA</b>	\$4.50
TUNA, MAYO, CUCUMBER & SPANISH ONION	

<b>BREADS</b>	WHITE, WHOLEMEAL & MULTIGRAIN
GLUTEN, ROLL OR WRAP (EXTRA \$1.00)	

## PASTA

GLUTEN FREE OPTIONS AVAILABLE (EXTRA \$1.00)	SML	LRG
<b>PENNE BOSCAIOLA</b>	\$5.50	\$6.50
HAM, MUSHROOM & CREAM SAUCE		
<b>SPAGHETTI BOLOGNESE</b>	\$5.50	\$6.50

## PIZZA

<b>MARGHERITA</b>	\$5.00
CHEESE & TOMATO	
<b>HAWAIIAN</b>	\$5.50
HAM & PINEAPPLE	
<b>BBQ CHICKEN</b>	\$5.50
BBQ CHICKEN WITH ONION & CHEESE	

OUR FOOD IS FRESHLY MADE ON THE PREMISES

Please note we apply a surcharge to eftpos card transactions  
\*Some items on this menu may be subject to change due to unforeseen external factors such as supplier price  
increases or environmental factors.\*

FRESHLY  
MADE!

# OUR LADY OF THE SACRED HEART CANTEEN MENU

## SALADS

GREAT  
CHOICE

	SML	LRG
<b>GREEK SALAD</b> TOMATO, CUCUMBER, ONION, CAPSICUM, OLIVES & FETTA	\$5.00	\$6.00
<b>CHICKEN PASTA SALAD</b> ONION, MAYO, CHICKEN, CARROT, RED PEPPER, PARSLEY	\$5.00	\$6.00
<b>PESTO PASTA SALAD</b> PESTO, OLIVES, SUNDRIED TOMATOES & CARROT	\$5.00	\$6.00
<b>CHICKEN CAESAR SALAD</b> CHICKEN SCHNITZEL, COS LETTUCE, CAESAR DRESSING, BACON & CROUTONS	\$5.50	\$6.50
<b>EASTERN DELIGHT SALAD</b> TABOULI, HOMOUMS, CHOICE OF SCHNITZEL OR FALAFEL W/ CRUNCHY PITA BREAD	\$5.50	\$6.50
<b>THAI NOODLE SALAD</b> GRILLED CHICKEN, VERMICELLI NOODLE, CUCUMBER, CAPSICUM & CARROT	\$5.50	\$6.50



## WRAPS

GREAT  
CHOICE

SINGLE \$4.50 OR DOUBLE \$6.50

<b>SWEET CHILLI CHICKEN</b> CHICKEN, SALAD & CHEESE
<b>CHICKEN CAESAR</b> CHICKEN, BACON, CHEESE & CAESAR DRESSING
<b>FALAFEL</b> FALAFEL, HOMOUMS, TABOULI, CUCUMBER & LETTUCE
<b>CHICKEN SCHNITZEL</b> CHICKEN SCHNITZEL, TABOULI, HOMOUMS, TOMATO & LETTUCE

## FROZEN TREATS

<b>ICY POLES</b>	\$2.00
<b>MILO SCOOPS</b>	\$4.50
<b>MOOSIES</b>	\$2.50

## BURGERS

<b>CHICKEN CAESAR BURGER</b> GRILLED CHICKEN, CAESAR DRESSING, BACON & COS LETTUCE	\$6.00
<b>CHEESE BURGER</b> FRESH BEEF PATTY, CHEESE, FRESH TOMATO & TOMATO SAUCE	\$6.00
<b>PERI PERI PORTUGUESE BURGER</b> CHICKEN BREAST, PERI PERI SAUCE & LETTUCE	\$6.00
<b>CHICKEN BURGER</b> FRESH CHICKEN PATTY, LETTUCE & MAYO	\$5.50
<b>GOURMET BURGER</b> FRESH BEEF PATTY, ONION, BBQ SAUCE, BEETROOT, TOMATO & LETTUCE	\$6.00

## HOT DISHES

	SML	LRG
<b>SPECIAL FRIED RICE</b>	\$5.00	\$6.00
<b>BUTTER CHICKEN WITH RICE</b>	\$5.50	\$6.50
<b>LEAN BEEF PIE</b>		\$4.50
<b>LEAN SAUSAGE ROLL</b>		\$4.00
<b>SPINACH &amp; CHEESE ROLL</b>		\$4.50
<b>GARLIC BREAD</b>		\$2.50
<b>OVEN BAKED WEDGES</b>	CUP	\$4.50
	TRAY	\$5.50

## DRINKS

<b>WATER</b>	600ml	\$2.50
	1L	\$4.50
<b>ALOE VERA</b>		\$4.50
<b>JUICE 500ml</b> ORANGE, APPLE		\$4.80
<b>ICED TEA</b>		\$4.50
<b>POWERADE</b>		\$5.00
<b>LOW SUGAR CAN DRINKS</b>		\$2.80
<b>FLAVOURED MILKS</b> CHOCOLATE, STRAWBERRY	300ml	\$2.80
	500ml	\$4.50
<b>UP &amp; GO</b>		\$3.00

OUR FOOD IS FRESHLY MADE ON THE PREMISES

Please note we apply a surcharge to eftpos card transactions

\*Some items on this menu may be subject to change due to unforeseen external factors such as supplier price increases or environmental factors.\*