Please do not use any staples with your order. Please do not use any staples with your order. Please do not use any staples with your order. Please do not use any staples with your order.

### Canteen Summer Menu

#### Rocky Wraps
- Mexicana: Chicken, Tomato, Corn, Lettuce, Salsa
- Tantalising Tuna: Tuna, Lettuce, Tomato
- Hawaiian Delight: Chicken, Lettuce, Pineapple
- Salad Wrap: Lettuce, Tomato, Cucumber, Carrot

#### Summer Salads
- Salad Bowl
- Sweet Chilli Chicken Salad
- Egg and Cheese Salad
- Fruit Salad Bowl

#### Supadupa Sangas
- Wholemeal or Multigrain Bread
- White High Fibre Bread
- Rolls or Wraps
- Toasted
- Cheese (low fat)
- Vegemite
- Cheese & Tomato
- Cheese & Vegemite
- Egg & Lettuce
- Salad (Lettuce, Tomato, Carrot)
- Salad with Cheese
- Ham
- Ham & Cheese
- Ham, Cheese & Tomato
- Roast Chicken
- Roast Chicken, Lettuce & Mayo

#### Hoppity Hot Food
- Fried Rice (home made with veges)
- Stir Fried Noodles (home made with veges)
- Plain Boiled Rice
- Whole Baked Potato
- (Chicken, Lettuce, Caesar)
- (Tuna, Corn, Celery, Mayo)
- Macaroni Cheese
- Lasagne
- Spaghetti Bolognaise
- Hamburger (Lettuce & Tomato)
- Warm Chicken & Mayo Roll
- Chicken & Vegetable Fried Rice
- Teriyaki Chicken with Vegetables and Rice
- Pastries (chicken & corn or spinach & cheese)

#### Tantalising Tuesdays
- Sushi (2)
  - Teriyaki Chicken & Avocado
  - Carrot, Cucumber, Avocado
  - Tuna, Avocado, Mayo
- Soy Sauce
- Rice Paper Roll (2)
  - BBQ Pork, Lettuce, Sweet Chilli
- Chicken Fingers (2)
- Ice Cream Cup

#### Wacky Wednesdays
- Pizza Hawaiian
- Meat Pie (Reduced fat)
- Sausage Roll (Reduced fat)
- Chicken Burger (Lettuce/Mayo)
- Chicken Dinosaur Nuggets & salad
- Hot Dog (Wholemeal Roll)
- Tomato Sauce

#### Drinky Drinks
- Fruit Box - 200ml, 100% Juice
- Apple/Orange
- Flavoured Milk, 250ml
- Chocolate/Strawberry
- Berry Pop Top 250ml, 100% juice
- Apple/Orange/Blackcurrant
- Slush Puppies
- Slinky Apples
- Apple from home made into a Slinky
- Fresh Fruit (in season)
- Carrot Sticks
- Celery Sticks
- Cucumber Sticks
- Mixed Sticks (Includes above 3)
- Frozen Pineapple Ring
- Frozen Orange Wedges
- Frozen Juice Cups (100% Juice)
- Frozen Strawberry Fruit Stick
- Frozen Banana Yoghurt Stick
- Frozen Yoghurt and Fruit Stick

#### Weirdly Weird Fruit
- (and Vegetables)
  - Slinky Apples
  - Fresh Fruit
  - Carrot Sticks
  - Celery Sticks
  - Cucumber Sticks
  - Mixed Sticks (Includes above 3)
  - Frozen Pineapple Ring
  - Frozen Orange Wedges
  - Frozen Juice Cups (100% Juice)
  - Frozen Strawberry Fruit Stick
  - Frozen Banana Yoghurt Stick
  - Frozen Yoghurt and Fruit Stick

#### Snappy Snacks
- Over the Counter Sales
  - Choc Chip Cookie
  - Rice Cake
  - Gingerbread Man
  - Large Muffin (Apple or Chocolate)
  - Small Muffin
  - Popcorn - Salt & Vinegar or Buttered
  - Jelly with Two Fruits