



Made Fresh Canteen Menu



SANDWICHES (White or Wholemeal Bread)

Vegete or Jam or Honey	\$1.50
Cheese	\$2.00
Lean Ham	\$2.50
Cheese & Tomato	\$3.00
Lean Ham & Cheese	\$3.50
Lean Ham, Cheese & Tomato	\$4.00
Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.00
Tuna, Lettuce & Mayo	\$4.00
Fresh Chicken with Cheese	\$4.50
Fresh Chicken, Lettuce & Mayo	\$4.50
Fresh Chicken & Salad	\$4.50
Lean Ham & Salad	\$4.50



WRAPS - ROLLS (FOCACCIA extra \$1.00)

Cheese & Tomato	\$4.00
Lean Ham & Cheese	\$4.50
Lean Ham, Cheese & Tomato	\$5.00
Salad (Lettuce, Tomato, Carrot, Cucumber)	\$5.00
Tuna, Lettuce & Mayo	\$5.00
Fresh Chicken with Cheese	\$5.50
Fresh Chicken, Lettuce & Mayo	\$5.50



SALADS (All Salads served in 12oz Dome)

Garden Salad	\$4.00
Tuna Salad	\$4.50
Cheese Salad	\$4.50
Lean Ham Salad	\$4.50
Fresh Chicken Breast Salad	\$5.00
Fresh Chicken Breast Pasta Salad	\$5.00
Caesar Salad	\$5.00
Fresh Chicken Avocado Salad	\$5.50
Greek Salad	\$5.50
Fresh Chicken Caesar Salad	\$5.50



VEGGIE & OTHER SNACK PACKS

Carrot Sticks with Hommus	\$2.50
Veggie Dome (Carrots, Celery, Corn, Tomatoes, Bread Sticks)	\$4.00
Veggie Dome with Cheese Cubes & Bread Sticks	\$4.50
Veggie Dome with Fresh Chicken Breast & Bread Sticks	\$5.00

SUSHI sold at counter

Teriyaki Chicken with Cucumber	\$4.00
Salmon with Cucumber	\$4.00
Veggie Tofu, Carrot, Cucumber VEGAN	\$4.00
Tuna with Cucumber	\$4.00



CRUNCH N SIP PACKS

Fresh Piece of Fruit & Water 400ml	\$2.00
Fresh Orange / Apple Wedges & Water 400ml	\$2.50
Fresh Cut Veggie cup & Water 400ml	\$2.50
Fresh Diced Fruit cup & Water 400ml	\$3.00

FRESH FRUIT

Orange, Apple or Mandarin	\$1.00
Orange, Apple or Mandarin Wedges in a cup	\$1.50
Banana	\$1.50
Watermelon pieces in a Bowl (12oz)	\$3.50
Seasonal Fresh Fruit Salad Bowl (12oz)	\$4.00



MILK - JUICES - DRINKS

Water 400ml	\$1.50
Water 600ml	\$2.00
Milk 300ml (plain)	\$2.50
Popper 99% Juice 250ml	\$2.50
Light Milk 300ml	\$3.00
UP & GO 250ml	\$3.00



Occasional 22%

Everyday 78%

As required by the NSW government all menu items sold each day, are to be listed as Everyday or Occasional food to allow parents and caregivers informed choices. The NSW state government states menu items are required to be 78% everyday and 22% occasional. Made Fresh is proud that we have exceeded this requirement. We have kept our prices reasonable even after an increase to the levy for the "container scheme fee". Our suppliers have also increased their prices on eligible/quality goods under the new "star system".

Your child's healthy eating is paramount to our business.

Thank you for your ongoing support.

BREAKFAST - RECESS & LUNCH sold at counter

Plain Milk cup	\$1.00
Diced Pineapple cup	\$1.00
Vegete or Jam or Honey Toast	\$1.50
Hot Chocolate cup	\$1.50
Lite Banana Milk cup	\$1.50
Lite Chocolate Milk cup	\$1.50
Lite Strawberry Milk cup	\$1.50
Fresh Cut Veggie cup	\$1.50
Fresh Grapes cup (seasonal)	\$2.00
Fresh cut Watermelon cup	\$2.00
Toasted Cheese Sub	\$1.50
Toasted Cheese & Lean Ham Sub	\$2.00
Fresh Diced Fruit cup	\$2.00
Tabouleh cup	\$2.00
Corn Flakes Bowl	\$2.50
Pancakes x2 with Honey	\$2.50
Vanilla Yoghurt (low fat)	\$2.50
Yoghurt & Fruit cup	\$2.50
Yoghurt & Muesli cup	\$2.50



Everyday **Occasional**

Gluten Free Bread or Tortilla extra \$1.00

Gluten Free Focaccia extra \$1.00

Upsize Salad, Fruit Salad to 200z extra \$1.50

Extra fillings

Shredded or Sliced Cheese extra \$1.00

Avocado extra 50c

Beetroot extra 50c

Sauce or Cutlery each 30c

All our meat products are Halal certified (excluding pork based products)

HOT FOOD

Corn Cob	\$1.00
Chicken Wings x1	\$1.00
Garlic bread (made fresh daily)	\$1.00
Garlic & Cheese bread (made fresh daily)	\$1.50
Cheese Pizza (served on roll)	\$2.50
Mexican Quesadilla	\$3.00
Stuffed Vine Leaves with Rice x5	\$3.00
Beef Meatball Sub with Napolitana Sauce / Cheese	\$4.50
Chicken Meatball Sub with Cheese	\$4.50
Plain Grilled Chicken Souvlaki on a Roll	\$4.50
Plain Grilled Chicken Souvlaki Wrap	\$4.50
Homemade Pizza with Cheese	\$5.00
Homemade Pizza with Lean Ham & Cheese	\$5.50
Homemade Hawaiian Pizza	\$5.50
Beef Lasagne	\$5.50
Vegetarian Lasagne	\$5.50
Cheeseburger	\$5.50
Aussie Lean Beef Burger Lettuce/Tomato	\$5.50
Chicken Breast Fillet Burger Lettuce & Mayo	\$5.50
Fillet-O-Fish Burger	\$6.00



HOMEMADE MENU (TWO cooked each day)

Australian, European, Asian & Mexican Meals

Pasta Bolognese	\$4.50
Mac & Cheese	\$4.50
Pasta with Chicken Meatballs	\$4.50
Napolitana Chicken Pasta	\$4.50
Pasta with Beef Meatballs	\$4.50
Veggie Fried Rice	\$4.50
Chicken Hokkien Noodles	\$4.50
Teriyaki Chicken stir fry & steamed rice	\$4.50
Thai Red Curry Chicken, Vegetables & Rice	\$4.50
Mexican Chicken Burrito skillet & Rice	\$4.50

Gluten Free options available extra \$1.00



DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

PACK 1	CHEESE SANDWICH	\$3.50
	Water 400ml + frozen stick or fruit	
PACK 2	SALAD SANDWICH	\$5.50
	Water 400ml + frozen stick or fruit	
PACK 3	MEATBALL SUB	\$6.00
	Water 400ml + frozen stick or fruit	
PACK 4	PASTA with MEATBALLS	\$6.00
	Water 400ml + frozen stick or fruit	
PACK 5	PASTA BOLOGNAISE	\$6.00
	Water 400ml + frozen stick or fruit	
PACK 6	FRESH CHICKEN with CHEESE I	\$6.50
	Water 400ml + frozen stick or fruit	

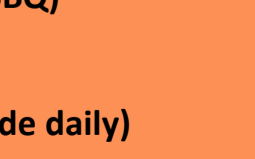
SNACKS & FROZEN TREATS

Plain or Frozen 99% Juice cup Small	50c
Plain or Frozen 99% Juice-Jelly cup Small	50c
Custard small cup	50c
Plain or Frozen 99% Juice cup	\$1.00
Plain or Frozen 99% Juice-Jelly cup	\$1.00
Custard cup	\$1.00
Frozen Plain Milk cup	\$1.00
Frozen 99% Quelch Fruit Juice Sticks	\$1.00
Bread Sticks x 4	\$1.00
Frozen Diced Pineapple cup	\$1.00
Frozen Orange wedges	\$1.50
Frozen Mandarin wedges	\$1.50
Frozen Milk cup (Chocolate, Banana, Strawberry)	\$1.50
Frozen 99% Nippy's Juice Cup	\$1.50
Sour Snap Sticks	\$1.50
Frozen Grapes Cup	\$2.00
Frozen Watermelon Cup	\$2.00
Ice Mony	\$2.00



OCCASIONAL ITEMS HOT FOOD - SNACKS & DRINKS

Hash Brown	\$1.30	Homemade Cookies x1 (freshly made daily)	50c
Chicken & Corn Roll	\$1.50	Gummy Bear x3	\$1.00
Potato Wedges Bag	\$2.50	Popcorn	\$1.00
Noodles cup	\$3.50	Jelly cup (2 Flavours)	\$1.00
Chicken or Beef Hot Dog (one free sauce)	\$3.50	Monster Noodle Snacks (Chicken or BBQ)	\$1.30
Chicken Nuggets x5	\$3.50	Jelly & Custard cup	\$1.50
Meat Pie (one free sauce)	\$4.50	Chocolate Custard cup	\$1.50
Sausage Roll (one free sauce)	\$4.50	Homemade Fresh Muffins (freshly made daily)	\$1.50
Pizza Wrap (Tomato & Olives, BBQ Chicken)	\$5.50	Vanilla Ice Cream cup	\$2.00
Chicken Burger	\$5.50	Grain Waves 22g	\$2.50
Tuna Pattie Burger	\$5.50	Red Rock Deli Chips 28g	\$2.50



OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS