



Made Fresh Canteen Menu



BREAKFAST ONLY (Sold at counter only)

H	Oven Baked Hash Brown	\$1.00
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BREAKFAST, RECESS & LUNCH (Sold at counter only)

H	Plain Milk Cup	\$1.00
H	Hot Chocolate Cup	\$1.50
H	Light Chocolate Milk Cup	\$1.50
H	Light Strawberry Milk Cup	\$1.50
H	Light Banana Milk Cup	\$1.50
H	Toasted Cheese Sub	\$1.50
H	Toasted Cheese & Lean Ham Sub	\$2.00
H	Corn Flakes Bowl	\$2.50
H	Pancakes x2 with Honey	\$2.50

SANDWICHES (White or Wholemeal Bread)

H	Vegemite	\$1.50
H	Jam	\$1.50
H	Honey	\$1.50
H	Cheese	\$2.00
H	Lean Ham	\$2.50
H	Cheese & Tomato	\$3.00
H	Lean Ham & Cheese	\$3.50
H	Lean Ham, Cheese & Tomato	\$4.00
H	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.00
H	Tuna, Lettuce & Mayo	\$4.00
H	Fresh Chicken & Cheese	\$4.00
H	Fresh Chicken, Lettuce & Mayo	\$4.50
H	Fresh Chicken Salad	\$5.00
H	Lean Ham Salad	\$5.00

WRAPS & ROLLS (Tortilla or Lebanese Bread)

H	Cheese & Tomato	\$3.50
H	Lean Ham & Cheese	\$4.00
H	Lean Ham, Cheese & Tomato	\$4.50
H	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.50
H	Tuna, Lettuce & Mayo	\$4.50
H	Fresh Chicken & Cheese	\$4.50
H	Fresh Chicken Lettuce & Mayo	\$4.50

VEGGIE & OTHER SNACK PACKS

H	Fresh Cut Veggie Cup	\$1.50
H	Veggie Dome (Carrots, Celery, Corn, Tomatoes, Bread Sticks)	\$4.00
H	Veggie Dome with Cheese Cubes & Bread Sticks	\$4.50
H	Veggie Dome with Fresh Chicken Breast & Bread Sticks	\$5.00

SALADS (All Salads served in 12oz Dome)

H	Garden Salad	\$4.00
H	Tuna Salad	\$4.50
H	Cheese Salad	\$4.50
H	Lean Ham Salad	\$4.50
H	Fresh Chicken Breast Salad	\$4.50
H	Fresh Chicken Breast Pasta Salad	\$5.00
H	Fresh Chicken Caesar Salad with or without Lean Ham	\$5.00

FRESH FRUIT & YOCHURT

H	Diced Pineapple Small Cup	\$1.00
H	Oranges, Apples, Mandarins	\$1.00
H	Banana	\$1.50
H	Fresh Watermelon Cup	\$2.00
H	Fresh Diced Fruit Cup	\$2.00
H	Vanilla Yoghurt	\$2.00
H	Yoghurt with Muesli Cup	\$2.50
H	Yoghurt with Fruit Cup	\$3.00
H	Seasonal Fresh Fruit Salad Bowl (12oz)	\$4.00

OCCASIONAL FOOD & SNACKS

HOT FOOD (Extra Sauce 0.30c)

H	Garlic Bread	\$1.00
H	Nachos	\$2.50
H	Potato Wedges Cup	\$3.00
H	Noodles Cup	\$3.50
H	Chicken Hot Dog (one free sauce)	\$3.50
H	Beef Hot Dog (one free sauce)	\$3.50
H	Chicken Nuggets (5 pieces)	\$3.50
H	Sausage Roll (one free sauce)	\$4.50
H	Meat Pie (one free sauce)	\$4.50

SNACKS & OTHER TREATS (Sold at counter only)

H	Homemade Cookies x1	0.50c
H	Gummy Bears x3	\$1.00
H	Homemade Muffins (freshly made daily)	\$1.50
H	Chicken & Corn Roll	\$1.50
H	Plain Ice Cream Vanilla	\$2.00
H	Red Rock Deli Chips 28g (2 Flavours)	\$2.50

HOT FOOD (Extra fillings just add 0.70c each)

H	Pizza Cheese Sub (served on roll)	\$2.50
H	Stuffed Vine Leaves with Rice x5	\$3.00
H	Meatball Sub with Neapolitana Sauce	\$4.50
H	Grilled Chicken Souvlaki on a Roll	\$4.50
H	Homemade Pizza with Cheese	\$5.00
H	Homemade Pizza with Lean Ham & Cheese	\$5.50
H	Homemade Hawaiian Pizza	\$5.50
H	Lasagne	\$5.50
H	Cheese burger (lean beef)	\$5.50
H	Aussie Lean Beef Burger Lettuce/Tomato	\$5.50
H	Fresh Grilled Chicken Fillet Burger	\$5.50
H	Garlic & Herb Toasty (freshly made daily)	\$1.50
H	Mexican Quesadilla	\$3.00

SUSHI (available every Wednesday-pre order by Monday)

H	Teriyaki Chicken with Cucumber	\$4.50
H	Teriyaki Beef with Cucumber	\$4.50
H	Veggie Tofu, Carrot, Cucumber VEGAN	\$4.50
H	Tuna with Cucumber	\$4.50

DAILY HOMEMADE MENU

H	Monday	Pasta Carbonara with Lean Ham	\$4.50
H	Tuesday	Mac & Cheese Pasta	\$4.50
H	Wednesday	Hokkien Noodles Chicken	\$4.50
H	Thursday	Pasta with Meatballs	\$4.50
H	Friday	Pasta Bolognaise	\$4.50

DAZZLING MEAL DEALS... (If you buy a meal combo you would save up to \$1.00)

H	PACK 1: CHEESE SANDWICH	\$3.50
H	PACK 2: Water 400ml + Popcorn or Frozen Juice Stick STUFFED VINE LEAVES with RICE x5	\$4.50
H	PACK 3: Water 400ml + Popcorn or Frozen Juice Stick CHICKEN NUGGETS x5	\$5.50
H	PACK 4: Water 400ml + Popcorn or Frozen Juice Stick BEEF or CHICKEN HOT DOG	\$5.50
H	PACK 5: Water 400ml + Popcorn or Frozen Juice Stick MEATBALLS SUB	\$6.00
H	PACK 6: Water 400ml + Popcorn or Frozen Juice Stick PASTA with MEATBALLS	\$6.00
H	PACK 7: Water 400ml + Popcorn or Frozen Juice Stick PASTA BOLOGNAISE	\$6.00
H	PACK 8: Water 400ml + Popcorn or Frozen Juice Stick FRESH CHICKEN & CHEESE ROLL	\$6.50
H	PACK 9: Water 400ml + Popcorn or Frozen Juice Stick FRESH CHICKEN SALAD SANDWICH	\$6.50

CRUNCH N SIP PACKS (Please pre-order)

H	Piece of Fruit & Water 400ml	\$2.00
H	Diced Fruit Cup & Water 400ml	\$3.00

SNACKS & FROZEN TREATS

H	Frozen 99% Juice Cup Small (3 Flavours)	0.50c
H	Plain or Frozen 99% Juice-Jelly Cup Small (3 Flavours)	0.50c
H	Frozen Diced Pineapple Small Cup	\$1.00
H	Frozen 99% Juice Cup (3 Flavours)	\$1.00
H	Frozen 99% Quelch Fruit Juice Sticks (4 Flavours)	\$1.00
H	Plain or Frozen 99% Juice-Jelly Cup (3 Flavours)	\$1.00
H	Custard Cup	\$1.00
H	Bread Sticks x4	\$1.00
H	Popcorn	\$1.00
H	Frozen Plain Milk Cup	\$1.00
H	Frozen Chocolate Milk Cup	\$1.50
H	Frozen Strawberry Milk Cup	\$1.50
H	Frozen Banana Milk Cup	\$1.50
H	Frozen 99% Nippy's Juice Cup (3 Flavours)	\$1.50
H	Frozen Grapes Cup (seasonal)	\$2.00
H	Frozen Watermelon Cup	\$2.00
H	Messy Monkeys Snack (Chicken, Cheese, Pizza)	\$2.50

WATER · MILK & JUICES

H	Water 400ml	\$1.50
H	Water 600ml	\$2.00
H	Popper 100% juice (3 Flavours)	\$2.50
H	Milk 300ml (plain)	\$2.50
H	Light Milk 300ml (3 Flavours)	\$3.00

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 75% everyday and 25% 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!

Occasional



Everyday