

Fitfoodie CANTEENS

CANTEEN MENU CRUSOE COLLEGE



SANDWICHES, ROLLS + WRAPS

● Ham	\$5.50
● Ham + Cheese	\$6.00
● Ham, Cheese + Tomato	\$6.50
● Ham + Salad	\$8.50
● Tuna + Salad	\$8.50
● Chicken + Salad	\$8.50
● Salad	\$8.00
● Egg + Mayo	\$7.00
● Egg + Lettuce	\$7.50
● Cheese	\$5.50
● Cheese + Vegemite	\$5.50
● Cheese + Tomato	\$5.50
● Vegemite	\$5.50

TOASTIES + JAFFLES

● Cheese	\$6.00
● Ham + Cheese	\$6.50
● Baked Beans	\$7.00
● Spaghetti (with cheese +.30c)	\$7.00
● Chicken + Pesto Focaccia	\$8.50
● Salami + Cheese Focaccia	\$8.50

Sauce - BBQ, Tomato, Soy add .40c

SUSHI

● Chicken Teriyaki	\$5.00
● Crispy Chicken + Avo	\$5.00
● Tuna	\$5.00
● Tuna + Avocado	\$5.00

Sushi available on THURSDAY

PLATES

● Salad (GF)	\$8.70
Lettuce, Tomato, Cucumber, Cheese, Beetroot, Pineapple, Egg, Chicken or Ham	
● Nibbles	\$8.70
Cheese, Crackers, Veggie Sticks, Ham, Tzatziki	

**WINDOW SERVICE ONLY -
PRE-ORDERS WELCOME
FROM 8.30AM**

Our colour coded system has been created with industry dietitians.

● Everyday foods ● Occasional foods

HOT FOOD

● Beef Burger (w the lot +2)	\$8.50
● Zinger Burger	\$8.50
● Chick Schnitzel	\$8.50
● Hot Chicken Roll + Gravy	\$8.50
● Corn on the Cob (GF)	\$3.50
● Mini Pizza	\$6.00
● Warm Chicken Wrap Lettuce, Cheese, Tomato, Cucumber + Mayo	\$8.70
● Veggie Pastie	\$5.70
● Chicken Noodle Soup with Bread Roll	\$8.00
● Steamed Dim Sim	\$1.60
● Hotdog	\$5.50
● Hotdog + Cheese	\$6.00
● Nachos, Salsa + Cheese (GF) (w light sour cream)	\$7.00 (+\$1)
● Wedges (w light sour cream)	\$7.00 (+.50c)
● Beef Pie	\$5.00
● Beef Pie (GF)	\$7.00
● Sausage Roll	\$5.00
● Party Pie	\$2.00
● Hash Brown	\$2.00
● Chicken Nuggets x3	\$4.30
● Chicken Nuggets x6	\$6.50
● GF Chicken nuggets x6	\$7.50
● Lasagna	\$8.00
● Spaghetti	\$8.00
● Macaroni + Cheese	\$8.00
● GF Lasagna	\$9.00
● GF Spaghetti	\$9.00

FROZEN

● Zing	\$2.00
● Frozen Pineapple Ring	\$3.00
● Lemonade Icy Pole	\$3.50
● Mini Calippo	\$3.00
● Large Calippo	\$4.20
● Paddlepop	\$3.50
● Cyclone Twist	\$3.50
● Slushy	\$3.50

SNACKS

● Fresh Fruit (GF)	\$2.60
● Fruit Salad (GF)	\$5.50
● Yoghurt + Berries	\$6.00
● Yoghurt, Berries + Granola	\$6.00
● Vanilla Custard (GF) (+ poached fruit +.50c)	\$4.50
● Veggie Sticks + Dip (GF)	\$6.00
● Jelly Cup (GF)	\$4.00
● Popcorn Plain (GF) or flavoured	\$3.50
● Red Rock Deli Chips	\$3.50
● Lemon Slice	\$3.50
● Hedgehog	\$3.50
● Brownie	\$3.50
● Cookies	\$2.50
● Milo Balls (3)	\$3.50
● Chocolate Mousse (GF)	\$4.60
● Berry Muffin	\$3.60
● Iced Cup Cake	\$4.00
● GF Choc brownie	\$4.00

DRINKS

● Nippy's Chocolate or Strawberry	\$3.50
● Warm Milo	\$3.50
● Apple Juice	\$3.50
● Orange Juice	\$3.50
● Apple + Blackcurrant	\$3.50
● Large Juice	\$5.00
● Sugar-free Soft Drink (L)	\$5.00
● Large Nippy's	\$5.00

STAFF OPTIONS ONLY

● Peanut Butter Protein Balls	\$4.00
● Raspberry + White Chocolate Muffin	\$5.50
● Chicken + Pesto Focaccia	\$8.50
● Salami + Relish Focaccia	\$8.50
● Sweet Chilli Chicken Wrap	\$9.50
● Chicken Schnitzel Roll	\$8.50
● Hamburger with the lot	\$10.50