



Prices effective from January 2019



Sandwiches Rolls & Wraps

White/wholemeal/Multigrain

Ingredients

Choose from Ham, Poached Chickpea, Egg, Lettuce, Tomato, Carrot, Cucumber, Onion, Avocado **with** Mayo.

| | | |
|------------|---------|--------|
| Sandwiches | | \$4.50 |
| Rolls | | \$5.00 |
| Wraps | Half | \$3.30 |
| Wraps | Whole | \$6.00 |
| Focaccia | Grilled | \$5.50 |

Salads

| | |
|------------|--------|
| Thai Salad | \$5.00 |
| Beef Salad | \$5.00 |

| | |
|---------------------|--------|
| Fresh Fruit (whole) | \$1.20 |
| Fruit Salad | \$4.50 |
| Yoghurt | \$3.00 |
| Jelly | \$2.00 |

AVENUES COLLEGE

Metropolitan Canteens

| | |
|-----------------------------|--------|
| Rice Paper Rolls (2 medium) | \$4.00 |
|-----------------------------|--------|

THE BAKERY

All made on site (low fat)

| | | |
|---------|------------|--------|
| Cookies | Homemade | \$1.20 |
| Muffins | Homemade | \$2.80 |
| Scrolls | Various | \$2.50 |
| Slices | Commercial | \$4.40 |
| Slices | Homemade | \$4.40 |



THE BAKERY

Continued

All made on site (low fat)

| | | |
|-------------------------|------------|--------|
| Sausage Rolls | Homemade | \$4.00 |
| Spinach & Ricotta Rolls | | \$4.00 |
| Quiche | | \$4.00 |
| Pasties | from | \$4.00 |
| Pies | homemade | \$5.00 |
| Pies | Commercial | \$4.50 |

Burgers & Buns

| | |
|------------------------------|--------|
| Chicken Schnitzel | \$5.50 |
| Grilled Chicken | \$5.50 |
| Vegetarian Burger | \$5.50 |
| Fish Fillet Burger | \$5.50 |
| Hot Dogs Plain with sauce | \$4.00 |
| Hot Dogs with Cheese & Sauce | \$4.50 |

MEAL SPECIALS

Pasta Dishes

| | |
|--------------------|--------|
| Penne Carbonara | \$5.50 |
| Penne Bolognese | \$5.50 |
| Vegetarian Shells | \$4.50 |
| Beef Lasagne | \$5.50 |
| Vegetarian Lasagne | \$5.50 |

Rice Dishes

| | |
|-----------------------|--------|
| Vegetarian Fried Rice | \$4.00 |
| Special Fried Rice | \$5.00 |

Other Meals

Many more varieties will be available during the course of the year such as curries and casseroles.

Check the school Bulletin and other
Canteen Notice Boards for daily
specials

Canteen Price List

Prices effective from January 2019



VEGETARIAN & HALAL & GLUTEN FREE
OPTIONS AVAILABLE

| | |
|------------------|--------|
| 600ml Water | \$2.70 |
| 600ml Plain Milk | \$2.50 |
| 375ml Plain milk | \$1.90 |
| 300ml Plain Milk | \$1.30 |

DRINKS **Continued**

| | |
|----------------------|--------|
| 600ml Flavoured Milk | \$4.60 |
| 375ml Flavoured Milk | \$3.90 |
| 300ml flavoured Milk | \$3.00 |
| Up and Go Milk | \$2.80 |
| Just Juice | \$2.20 |
| Fruit Juice 200ml | \$2.80 |
| Fruit Juice 500ml | \$4.00 |



Ice Creams

Selection of approved ices available from canteen

Slushies

| | | |
|-------------|-------|--------|
| Fruit Juice | small | \$2.00 |
|-------------|-------|--------|

Crisps

| | |
|-----------------------------|--------|
| Red Rock Potato Crisps 28gm | \$2.00 |
| Vege Chips 27gm | \$2.00 |

Dim Sims Hash Browns, Spring Rolls, Mini Chicken
Drumsticks & Nuggets (all oven baked) will be available
on a rotating basis from time to time.



Drink