# ATWELL CANTEEN MENU

## BREAKFAST 7.45AM TILL 8.45AM

Selection of Whole Fruit ..... $1.50
Fresh Fruit Salad ..... $3.50
Up and Go ..... $2.50
Hash Brown ..... $0.50
Bacon & Egg Burger (bacon, egg & tomato sauce) ..... $4.00
Bacon & Egg Wrap (with cheese and BBQ sauce) ..... $4.50

## MORNING RECESS AND LUNCH

### BURGERS

Steak & Salad (steak, salad & sauce) ..... $5.00
Steak the Lot (steak, bacon, cheese, egg, beetroot, salad, mayo & sauce) $6.00
Hamburger (beef pattie, cheese, salad, beetroot & sauce) ..... $5.00
Cheese Burger (beef pattie, double cheese & special sauce) ..... $4.50
Fish & Salad Burger (fillet of fish, salad & mayo) ..... $4.50
Chicken & Salad (crumbed chicken breast, salad, cheese & mayo) ..... $5.00
Vegie Burger (Vegetable Patie, Salad, beetroot & sauce) ..... $4.50

*(Salad Includes - Lettuce, Tomato, Cucumber, Spanish Onion and Carrot)*

### SANDWICHES

(Sandwiches Made With White, Wholemeal or Gluten Free Bread)

Salad ..... $3.00
Chicken ..... $3.50
Ham ..... $3.50
Tuna ..... $3.50
Cheese ..... $3.00
Egg & Mayo ..... $3.00
Add Salad ..... $1.00

*(Salad Includes - Lettuce, Tomato, Cucumber, Spanish Onion and Carrot)*

**Gluten free bread $1.00 extra**

### TOASTED SANDWICHES

(Made With White, Wholemeal or Gluten Free Bread)

1 Filling ..... $3.50
2 Filling ..... $4.00
3 Filling ..... $4.50

*Choose from; Ham, Chicken, Cheese, Roasted Capsicum, Sundried Tomato, Avocado and Tomato.* ***Gluten free bread $1.00 extra***

### TOASTED FOCACCIA'S

1) Honey Ham, tomato, roasted capsicum, spanish onion, cheese and chilli mayo ..... $5.50
2) Crumbed chicken tenders, double cheese, lettuce and sweet chilli sauce ..... $5.50
3) Bacon, ham, grilled chicken, cheese, beetroot, onion jam and roasted BBQ sauce ..... $5.50

### SALADS

Garden Salad (Lettuce, tomato, cucumber, spanish onion, fetta, carrot, olives, sundried tomatoes and dressing) ..... $5.50
Ceasar Salad (Baby Coz teamed with garlic croutons, crispy bacon, egg, shaved cheese and ceasar dressing) ..... $6.00
with chicken ..... $7.00
Spicy Chicken Salad (Garden salad topped with grilled chicken strips and dressing) ..... $6.50

### Monday & Wednesday

Spaghetti Bolognaise ..... small $4.50 large $6.00
Hot Roast Beef Roll (filled with beef and gravy) ..... $4.00
Chicken Chilli Wrap (filled with crumbed chicken, lettuce, cheese & chilli mayo - served warm) ..... $5.50
Mrs Macs Giant Sausage Roll ..... $3.00

### Tuesday & Thursday

Sushi (5 pieces served with ginger, soy and wasabi) ..... $6.00
traditional Beef Pie (Mr's Mac's) ..... $3.50
Thai Chicken Curry (chicken breast cooked in our aromatic Red Thai Curry served with rice) ..... $6.00
Shepherd's Pie (Beef mince & vegetables, slowly cooked in gravy and topped with mash and cheese) ..... small $4.50 large $6.00
Chicken Parmigiana Burger (crumbed chicken, ham, tomato, cheese & salad in a burger bun ..... $5.00

### Friday

Lasagna (homemade) ..... small $4.50 large $6.00
Buffalo Wings (served on rice with special BBQ sauce) ..... small $4.00 large $5.50
Beef Madras (slow cooked beef curry served with rice) ..... $6.00
American Hot Dog (fresh bun filled with BBQ sausage, bacon, onion, cheese, mustard and tomato sauce) ..... $4.50

## PLEASE ASK THE CANTEEN STAFF FOR DAILY SPECIALS!

### DRINKS

Flavoured Milk; Mocha, Choc, Strawberry and Spearmint.
600ml ..... $4.00
300ml ..... $2.50
Dare; Mocha 500ml ..... $4.00
Berrie Juice 350ml
Orange, Multi-V, Apple & Pineapple ..... $3.00
Just Juice Box (Tropical, Orange, Apple & Blackcurrant) ..... $1.50
Lipton Tea ( Mango, Peach & Rasberry ..... $4.00
LOL (Tropical, Mango, Rasberry & Blackcurrant) ..... $2.50
Up & Go Bannana, Vanilla & Chocolate) ..... $2.50
Kyneton Mineral Water 600ml ..... $4.00
Kyneton Mineral Water 300ml ..... $2.50
600ml Water ..... $2.00

EMBRACING THE FUTURE
ATWELL COLLEGE

**TO ENSURE PROMPT SERVICE AND AVOID QUEING PLEASE ENSURE ALL ORDERS ARE IN BY 8.45AM**