



Made Fresh Canteen Menu



BREAKY MENU

H E	Vegemite Toast	\$1.00
H E	Jam	\$1.00
H E	Honey	\$1.00
H E	Plain Milk Cup	\$1.00
H E	Fresh Cut Veggie Cup	\$1.50
H E	Light Chocolate Milk Cup	\$1.50
H E	Light Strawberry Milk Cup	\$1.50
H E	Light Banana Milk Cup	\$1.50
H E	Hot Chocolate Cup	\$1.50
H E	Toasted Cheese Sub	\$1.50
H E	Cheese & Lean Ham Sub	\$2.00
H E	Fresh Diced Fruit Cup	\$2.00
H E	Corn Flakes Bowl	\$2.50
H E	Pancakes with Honey	\$2.50



HOT FOOD

H E	Garlic & Herb Toasty (freshly made daily)	\$1.50
H E	Pizza Cheese Sub	\$2.50
H E	Mexican Quesadilla	\$3.00
H E	Stuffed Vine Leaves with Rice x4	\$3.00
H E	Meatball Sub with Napoletana Sauce	\$4.50
H E	Grilled Chicken Souvlaki on a Roll	\$4.50
H E	Homemade Pizza with Cheese	\$5.00
H E	Homemade Pizza with Lean Ham & Cheese	\$5.50
H E	Homemade Hawaiian Pizza	\$6.00
H E	Lasagne	\$5.50
H E	Cheese burger (lean beef)	\$5.50
H E	Aussie Lean Beef Burger (Lettuce & Tomato)	\$6.00
H E	Fresh Grilled Chicken Fillet Burger	\$6.00



SUSHI (available every Wednesday-pre order by Monday)

H E	Teriyaki Chicken with Cucumber	\$4.50
H E	Teriyaki Beef with Cucumber	\$4.50
H E	Veggie Tofu, Carrot, Cucumber VEGAN	\$4.50
H E	Vegetarian Tofu, Carrot, Cucumber (brown rice)	\$4.50



DAILY HOMEMADE MENU

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



DAZZLING MEAL DEALS...

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

H E	PACK 1: CHEESE SANDWICH	\$3.50
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 2: STUFFED VINE LEAVES with RICE x4	\$4.50
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 3: CHICKEN NUGGETS x5	\$5.50
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 4: BEEF or CHICKEN HOT DOG	\$6.00
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 5: MEATBALLS SUB	\$6.00
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 6: PASTA with MEATBALLS	\$6.00
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 7: PASTA BOLOGNAISE	\$6.00
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 8: FRESH CHICKEN & CHEESE ROLL	\$6.50
H E	Water 400ml + Popcorn or Frozen Juice Stick	
H E	PACK 9: FRESH CHICKEN SALAD SANDWICH	\$6.50
H E	Water 400ml + Popcorn or Frozen Juice Stick	

SANDWICHES (White or Wholemeal Bread)

H E	Vegemite	\$1.00
H E	Jam	\$1.00
H E	Honey	\$1.00
H E	Cheese	\$2.00
H E	Lean Ham	\$2.50
H E	Cheese & Tomato	\$3.00
H E	Lean Ham & Cheese	\$3.50
H E	Lean Ham, Cheese & Tomato	\$4.00
H E	Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.00
H E	Tuna, Lettuce & Mayo	\$4.00
H E	Fresh Chicken & Cheese	\$4.00
H E	Fresh Chicken, Lettuce & Mayo	\$4.50
H E	Fresh Chicken Salad	\$5.00
H E	Lean Ham Salad	\$5.00



WRAPS & ROLLS (Tortilla or Lebanese Bread)

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



VEGGIE & OTHER SNACK PACKS

H E	Fresh Cut Veggie Cup	\$1.50
H E	Veggie Snack Pack Dome with Carrot, Celery, Corn, Tomatoes & Bread Sticks	\$4.00
H E	Veggie Snack Pack Dome with Cheese Cubes & Bread Sticks	\$4.50
H E	Veggie Snack Pack Dome with Fresh Chicken Breast & Bread Sticks	\$5.00

SALADS (All Salads served in 12oz dome)

H E	Garden Salad	\$4.00
H E	Tuna Salad • Beetroot, Cheese or Avocado	\$4.50
H E	Cheese Salad • just add 0.70c each	\$4.50
H E	Lean Ham Salad	\$4.50
H E	Fresh Chicken Breast Salad	\$4.50
H E	Fresh Chicken Breast Pasta Salad	\$5.00
H E	Fresh Chicken Caesar Salad (without Lean Ham)	\$5.00
H E	Fresh Chicken Caesar Salad with Lean Ham	\$5.50



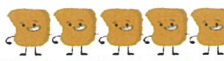
FRESH FRUIT & YOGHURT

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



OCCASIONAL FOOD & SNACKS

H E	BREAKFAST	
H E	Oven Baked Hash Brown	\$1.00
H E	Homemade Muffins (freshly made daily)	\$1.50
H E	HOT FOOD	
H E	Potato Wedges Cup • Extra Sauce 0.30c	\$2.50
H E	Noodles Cup	\$3.50
H E	Chicken Nuggets (5 pieces)	\$4.00
H E	Hot Dog (low fat chicken or beef) + sauce	\$3.80
H E	Meat Pie or Sausage Roll (one free sauce)	\$4.50
H E	Meat Pie or Sausage Roll (one free sauce)	\$5.00
H E	SNACKS & FROZEN TREAT	
H E	Homemade Cookies x1	0.50c
H E	Yoghurt Frogs X 4	\$1.00
H E	Red Rock Deli Chips 28g	\$2.50
H E	Plain Ice Cream Vanilla	\$2.00
H E	Mini Party Pies or Mini Sausage Rolls (SOLD AT COUNTER)	\$1.00



SNACKS & FROZEN TREATS

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



CRUNCH N SIP PACKS

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



WATER - MILK & JUICES

H E	Water 400ml	\$1.50
H E	Water 600ml	\$2.00
H E	Popper 100% juice	\$2.50
H E	Milk 300ml (plain)	\$2.50
H E	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.

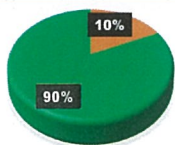
The NSW state government states menu items are required to be 75% everyday and 25% occasional.

Made Fresh is proud that we have exceeded this requirement and we try to keep our prices reasonable even after the levy increase 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