



CANTEEN MENU 2024



🟢 GO FOR IT! - Healthy Choice. Healthy Star Rating 3,4 & 5

🟠 GO EASY! - Occasional Choice

🔴 WHOA! - Rarely

(V) Vegetarian (VG) Vegan

(GF) Gluten Free

SANDWICHES/ROLLS/WRAPS

BUILD YOUR OWN DELI ITEM

Starting at \$2.50

🟢 Bread: Sourdough/Multigrain/Gluten Free

🟢 Rolls: Sourdough/Multigrain

🟢 Wraps: Sourdough/Gluten Free

🟢 Fillings @ \$0.50 each:

lettuce/carrot/tomato/pineapple/cucumber/beetroot

🟢 Fillings @ \$1.00 each:

ham/ chicken/falafel/tuna/egg/spinach/avocado/
cheese

Complimentary condiments:

dairy spread/dairy free spread/mayonnaise (GF)/
salt/pepper

Serving Option:

Toasting \$1.00

Please indicate your preference in NOTES.

HOT FOOD

🟢 Oven Baked Sweet Chilli Tender	\$2.00
🟢 Oven Baked Chicken Nuggets (6)	\$6.00
🟢 Steamed Beef Dim Sims (3) with Sauce	\$4.00
🟢 Tomato & Cheese Panini (V)	\$4.00
🟢 Vegetable Pastie (V)	\$5.00
🟠 Pizza Scroll varieties	\$5.00
🟠 Meat Pie	\$5.00
🟠 Small Meat Pie	\$2.00
🟠 Sausage Roll	\$3.00
🟠 GF Meat Pie	\$6.00
🟠 GF Small Meat Pie	\$2.50
🟠 GF Sausage Roll	\$2.50
🟢 Instant Noodle Cup varieties	\$4.00
🟢 Homemade Soup & Roll	\$5.00
🟢 Sweet Chilli Chicken Wrap (Chicken Tender, Lettuce, Cheese, Chilli Mayo)	\$7.00
🟢 Chicken Schnitzel Roll (Chicken Schnitzel, Lettuce, Cheese, Mayo)	\$7.00

CHILLED ITEMS

🟢 Cheese & Cracker Varieties	starting @ \$3.50
🟢 Fruit Salad Cup (V,GF,VG)	\$2.00
🟢 Pineapple Cup (V,GF,VG)	\$2.00
🟢 Yoghurt Varieties	starting @ \$4.00
🟢 Fresh Fruit Salad Pod (V,GF,VG)	\$6.00

FROZEN ITEMS

🟠 Yoghurt Zing Fruit Tube	\$2.00
🟠 Sour Zing Fruit Tube	\$2.00
🟢 Probiotic Yoghurt Cup	\$3.50
🟢 Milo Cup	\$4.50

SNACKS

🟢 Seasonal Fresh Fruit	\$1.00
🟢 Air Popped Popcorn	\$1.00
🟢 Savoury Snack Pack Varieties	starting @ \$2.00
🟠 Sweet Snack Pack Varieties	starting @ \$2.00
🟠 Bakery Baked Varieties	starting @ \$3.00
🟠 GF Bakery Baked Varieties	starting @ \$4.00

COLD DRINKS

🟢 Natural Spring Water 600ml	\$2.00
🟢 Sparkling Spring Water 500ml	\$3.00
🟢 Infused Sparkling Water 300ml varieties	\$3.00
🟢 Nippy's 250ml Iced Milk Chocolate / Strawberry	\$3.00
🟢 Nippy's 375ml Iced Milk Chocolate/Strawberry/Coffee/Honeycomb	\$5.00
🟢 Emma & Toms 350ml Smoothie varieties	\$5.00
🟢 Just Juice 200ml varieties	\$3.00

SPECIALS

Daily, Weekly and Seasonal menu options are
conveniently located to view & order 24/7 online at
<https://canteen.mercy.vic.edu.au/>

Over the counter ordering & cash sales remain
available:
Monday - Friday, 8.30am - 1.30pm