



Canteen Menu

TWEED VALLEY ADVENTIST COLLEGE

MONDAY MENU

Nutmeat Pie (DF) \$4.00

Spinach & Cheese roll \$4.00

Vegetable Quiche \$4.00

Vege Burger or wrap \$5.00 DF & GF option

BURGER: baby spinach, tomato, cucumber, beetroot, fried onion, vege pattie, sliced cheese, vegan mayo & BBQ sauce. On *white* or *wholemeal* roll

TOASTED WRAP: baby spinach, tomato, cucumber, olives vege pattie, cheese & BBQ sauce.

* no variations available

Spaghetti Bolognese \$4.00 DF & GF option

Garden or Greek salad + 1 savoury \$5.00

One of: Vege pattie, chickpeas, 2 boiled eggs, nutolene

Option of a homemade lemon and olive oil dressing

Vegetarian Sushi Rolls \$2.50 DF & GF option

Inside-out, vege tempura, avocado, salad, teriyaki tofu, cucumber or brown rice

WEDNESDAY MENU

Vegetarian Sushi Rolls \$2.50 DF & GF option

Inside-out, vege tempura, avocado, salad, teriyaki tofu, cucumber or brown rice

Vegetable Quiche \$4.00

Haystack (GF) Small \$4 | Large \$5 DF option

Corn chips, cheese, sour cream, beans, lettuce, tomato, cucumber. Rice is also available on request.

THURSDAY MENU

Nutmeat Pie (DF) \$4.00

Spinach & Cheese roll \$4.00

Vegetable Quiche \$4.00

Pizza \$5.00 GF & DF option

'BASIC' - Cheese, tomato, red onion, basil

'BBQ' - Tomato paste, BBQ sauce, baby spinach, red onion, olives, pineapple, vegetarian chicken-style savoury, cheese - dairy or non dairy

* no variations available

Vegetarian Sushi Rolls \$2.50

Inside-out, vege tempura, avocado, salad, teriyaki tofu, cucumber or brown rice

Garden or Greek salad + 1 savoury \$5.00

One of: Vege pattie, chickpeas, 2 boiled eggs, nutolene

Option of a homemade lemon and olive oil dressing

Schnitzel burger \$5.00 GF & DF option

Lettuce, sliced cheese, Beetroot, Caramelised onion, Vegetarian schnitzel, coleslaw and vegan mayo

Ordering Process

1. Write your name and year level on a paper bag
2. Write all the items you want to order as well as their price
3. Write the total price, and put appropriate money in
5. Place your bag in the canteen bucket on the day of canteen before roll mark

NOTE: snacks, ice-blocks, drinks and limited spare meals are available for purchase during break



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SNACKS

Cornflake Crackle	\$1.00
Raw Snickers Slice	\$1.00
Carob or chocolate	
Fruit Balls	50c
Cherry, peppermint, vanilla bliss & Lemon	
Apple Pasties	\$1.50
Berrylicious Bars	\$1.00
Banana Bread	\$1.00
Jelly Tubs	\$1.50
Peaches in natural mango jelly (No cane sugar)	
Hommus & Vege Sticks	\$2.00

ICE BLOCKS

Frozen Yoghurt Ice Block	\$1.50
Quelch	50c
Smooze	\$1.00
Frosty Fruit	\$1.50
Tropical, watermelon/pineapple	
Weis Bars	\$2.00
mango, frutio	
Coconut Mango Pops (DF)	\$1.00

DRINKS

Just Juice Popper	\$1.00
Coconut Water	\$2.00
guava, pineapple, plain	
Mt Franklin Sparkling Water	\$2.00
lemon or lime	
Bottled water	\$1.00
Sparkling Raspberry Water	\$2.00
Up'n'Go	\$2.00
Sparkling appletise	\$2.00
Golden Circle Tropical Sparkling Juice	\$2.00
Sparkling Tropical Punch	\$2.00

SMOOTHIES AND JUICES

Smoothies	\$3.00
Your choice of fruit and milk, with honey and optional extras	
FRUIT: Banana, raspberries, strawberries, mango	
MILK: dairy, soy, almond	
50c EXTRAS: baby spinach, vanilla yoghurt	
Juice	\$3.00
'BERRY CRUSH' - Frozen raspberries & strawberries, 100% apple & blackcurrant juice & ice	