

VERMONT SECONDARY COLLEGE CANTEEN MENU TERM 1 2023

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
R E C E S S	Sweet Chilli Tenders	\$1.20	BBQ Ham Sub	\$3.00	Ham & Pineapple Pizza	\$4.00	Pita Pizza	\$3.00	BBQ Ham Sub	\$3.00
	Sweet Chilli Wrap	\$5.00	Potato Cake	\$1.20	Tomato and Basil Pizza	\$3.50	Potato Cake	\$1.20	Potato Gems with Gravy	\$4.50
	Potato Gems with Gravy	\$4.50	Sushi (Avo & cucumber or Tuna or Chicken)	\$3.50	Nachos w/ salsa & sour cream	\$4.50	Sweet Chilli Tenders	\$1.20	Hot Dog	\$4.50
	Chicken & Coleslaw roll	\$5.00			Potato Cake	\$1.20	Chicken & Coleslaw roll	\$5.00	Donut	\$2.50
	Choc Chip Muffin	\$2.50	Choc Chip Muffin	\$2.50	Choc Chip Muffin	\$2.50	Tandori Chicken Roll	\$5.00		
						Choc Chip Muffin	\$2.50			
Every day	Homemade Cookie		\$2.50							
	Steamed Dim Sim		\$1.20							
	Sausage Roll		\$3.50							
	Meat Pie		\$4.50							
	Small Spinach & Cheese Roll		\$3.50							
	Salads, Sandwiches & Wraps		Please check display fridge							

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
L U N C H	Chicken Parma Roll	\$5.00	Butter Chicken w/ basmati rice	\$7.00	Ham and Pineapple Pizza	\$4.00	Lasagne	\$6.50	Singapore Noodles (V)	\$6.00
	Bacon Fried Rice	\$6.00	Napoli Pasta	\$6.00	Tomato and Basil Pizza	\$4.00	Vegan Pasta	\$6.00	Chilli Con Carne (Beef) w/baked potato & sour cream	\$6.00
	Vegetarian Fried Rice	\$6.00	Sushi (please pre order for lunch)	\$3.50	Nachos w/ salsa & sour cream	\$4.50	Gnocchi Carbonara	\$6.00	Vegan Chilli Con Carne w/baked potato	\$6.00
	Nachos w/ salsa & sour cream	\$4.50			Brownie	\$2.50	Tandori Chicken Roll	Baked Potato w/salsa & sour Cream	\$5.00	
	Pasta Carbonara	\$6.00	Chicken Schnitzel Burger	\$5.00	Homemade Cookie	\$2.50		Hot Dog	\$4.50	Beef Burger w/ Cheese
Every day	Homemade Cookie		\$2.50							
	Steamed Dim Sim		\$1.20							
	Sausage Roll		\$3.50							
	Meat Pie		\$4.50							
	Small Spinach & Ricotta Roll		\$3.00							
	Salads, Sandwiches & Wraps		Please check display fridge							

SALADS AVAILABLE EVERY DAY		AVAILABLE TO PRE ORDER		SNACKS		DRINKS		ICY POLES	
Crunchy Asian Noodle	\$5.50	Ham & Cheese Panini*	\$5.00	Fruit Salad	\$4.50	Pepsi Max Can	\$2.50	Icy Twist	\$2.00
Pasta	\$5.50	Salami & Cheese Panini*	\$5.50	Watermelon	\$4.50	Pepsi Max Bottle	\$4.00	Mini Calippo	\$2.00
Nourish Bowl	\$7.50	Chicken & Cheese Panini*	\$5.00	Brownie (Mon-Thurs)	\$2.50	300ml Oak Milk	\$3.00	Cyclone	\$3.00
Falafel	\$5.50	Chicken, Cheese & Avocado Panini	\$5.50	Homemade Cookie	\$2.50	600ml Oak Milk	\$4.00	Paddle Pop Rainbow Chocolate Banana	\$2.50
Four Bean and Kale Salad	\$5.50	*can add tomato		Red Rock Deli Chips	\$1.50	500ml Ice Break	\$4.00	Golden Gaytime	\$3.50
Vermicelli Salad		Shepherd's Pie	\$5.00	Hello Panda	\$1.00	Prima Juice Box	\$2.00	Bulla Frozen Yoghurt	\$2.50
		Square Beef Pie	\$5.00	Popcorn	\$1.50	Up and Go	\$2.50		
		Curry Beef Pie	\$5.00	Fruit Snack	\$0.50	Glee Fruit Juice	\$2.50		
		Large Spinach & Cheese Roll	\$5.00			100% Apple Juice	\$4.00		
						100% Orange Juice	\$4.00		
						Lipton Iced Tea (Peach or mango or raspberry)	\$4.00		
						Kombucha	\$3.50		
						Water 500ml	\$2.50		
						Water 750ml	\$3.50		

*** Gluten Free items available upon request. Please come and see us before school if you wish to order lunch and have specific dietary requirements