The Radford Canteen
Summer
MENU 2015
fleximeals.com.au

**Daily Specials**

- Monday: Chicken Noodle Salad Box
- Tuesday: Risoni, Chickpea & Sweet Potato Salad
- Wednesday: Chicken, Avocado & Mango Salad
- Thursday: Lamb Kofta Wraps
- Friday: Greek Style Chicken Skewers with rice

**Breakfast Menu** STARTS 8am

- Vegetable Hash Brown (v) $1.00
- Fruit Yoghurt with Granola $4.00
- Omelette & Avocado Wrap $5.00
- Fresh Fruit Muffin (v) $2.50
- Breakfast Roll $5.00
- Egg & Bacon Roll $5.00

**Recess Menu**

**TOASTED SANDWICHES**

- Cheese & Tomato (v) $4.50
- Ham & Cheese $4.50
- Capsicum, Pesto & Cheese $5.00

**HOT OPTIONS**

- Vegetarian Pizza $3.50
- Ham & Pineapple Pizza $3.50
- Assorted Toasted Sandwiches from $4.50

- Nachos with Cheese and Salsa $3.50
- Oven Baked Wedges (v) (Mon/Wed/Fri) $3.00
- Garlic Pita Bread (v) $0.20
- Spring Rolls (v) (Tues/Thurs) $0.50
- Mrs Macs Good Eating Pie $3.50
- Mrs Macs Good Eating Sausage Roll $3.50
- Cheese & Spinach Roll (v) (house made) $3.50
- Vegetable Pasty (v) (house made) $3.50
- Pizza Rounds $3.00
- Tomato Sauce $0.30

**SANDWICHES** Wholemeal, White

- Daily Special - Assorted Rolls $6.00

**WRAPS** All $6.00

- Tandoori Chicken
- Sweet Chilli Chicken
- Falafel (v)
- Chicken Caesar
- Ham, Cheese & Tomato

**Additional fillings each** $0.50

**SUSHI**

- Cooked Tuna & Cucumber Vegetarian (v)
- Chicken, Avocado & Mayo
- Smoked Salmon & Avocado

**FRUIT SALAD**

- Fruit Salad (v) $4.50
- Yoghurt extra $0.50

**BURGERS** All $6.00

- Cheese Burger
- Schnitzel Burger
- Vegie Burger (v)

- All burger fillings are made in house

Menu items are categorised in accordance with the Traffic Light System

- Green menu items - EAT MOST
- Amber menu items - CHOOSE CAREFULLY

(v) = vegetarian options