



Trinity College Canteen Menu Term 1, 2023

Roll or Wrap (G)

Half \$3.50 Full \$7.00

Salad: Tomato, cucumber, carrot, lettuce, beetroot, carrot, cheese & mayonnaise

Deli: Ham, cheese, lettuce, cucumber & Mayo

Sweet Chilli Chicken: Chicken tender, lettuce, tomato, mayonnaise & sweet chilli sauce

Ham & Salad: Shaved ham, sliced cheese, lettuce, tomato, cucumber, carrot & mayonnaise

Tuna Salad: Creamy tuna with lettuce, cucumber, carrot & mayonnaise

Sandwiches & Rolls (G) - Fresh or Toasted

Croissant: Ham, cheese & tomato	\$5.00
Ham OR Chicken & Salad	\$6.00
Ham, cheese, and tomato	\$5.00
Egg and lettuce	\$5.00
Vegemite, honey or strawberry jam	\$4.00

Salad Tubs (G)

Sushi Bowl Teriyaki Chicken	\$6.00
Sushi Bowl Sweet Chilli Chicken and Avocado	\$6.00
Fruit Salad Small Large	\$3.00 \$5.00
Garden salad with Italian dressing	\$4.00
Chicken Caesar salad	\$7.00
Chicken salad (sweet chilli optional)	\$7.00

Hot Food (A)

Homemade beef lasagne	\$6.00
Fried Rice Small Large	\$4.00 \$5.00
Baked Potato with bacon, cheese, coleslaw & sour cream	\$6.00
Vegetable Frittata	\$5.00
Chicken Crackles (nuggets)	\$1.00 ea or 6 for \$5.00
Steamed Dim Sims	\$1.50 ea or 4 for \$5.00
Toasted Focaccia (various fillings)	\$6.50

Mini Pizzas (A) \$5.00

Choice of:

Ham, Hawaiian, BBQ Chicken or Garlic & Cheese Lovers

Sweet Treats

Homemade muffins (various flavours each day)	\$1.50
Jelly Cups	\$1.50
Honey Joys	\$1.00

From the Freezer

Icy Poles	50c
Dixie tub vanilla ice cream	\$2.50
Frozen strawberry or mango yoghurt	\$2.50

Cold Drinks (A)

Stone Mountain water (G)	\$2.20
Fresh orange or apple juice	\$3.00
*Focus flavoured water	\$2.60
Oak flavoured milk—300ml N/A	\$3.00
(chocolate, vanilla, strawberry)	
Oak flavoured milk—600ml N/A	\$4.50
(chocolate, strawberry, *iced coffee)	
*iced coffee available to secondary students only	

All Canteen orders are via the Flexischools App
(Download from the App Store or Google play)
Contact the College for more information.



WEEKLY SPECIALS

Monday (G)

Chicken & Bacon Carbonara Sm \$4.00 Lg \$6.00

Beef Burger with Cheese, Lettuce, tomato, Sauce \$6.00

Tuesday (A)

Nachos with meat, salsa, sour cream, guacamole \$6.00

Chicken Burrito with Cheese, Tomato, Lettuce Salsa & Sour Cream \$6.00

Wednesday (A)

Hot Diggity Dog with bacon, cheese & tomato sauce \$6.00

Teriyaki Beef & Noodle Stir Fry Sm \$4.00 \$6.00

Thursday (G)

Beef Kebab with Tzatziki, Lettuce, Cheese, Tomato \$9.00

Chicken Kebab with Tzatziki, Lettuce, Cheese, Tomato \$9.00

Friday (A)

Large meat pie \$4.50

Large sausage roll \$4.50

Pastie: meat or vegetarian \$4.50

Party pies or mini sausage roll \$1.60

Quiche Lorraine or Spinach & fetta \$4.50

Our pies and pasties are made by Cowards Cakes and have been accredited by Healthy Canteens Association of Victoria



The canteen menu follows the Healthy eating Policy and is based on "Go For Your Life", a Victorian Government initiative for school canteens. Gluten Free Options Are Available

GREEN GO FOOD (G): These are foods that are low in fat, low in sugar, low in salt and HIGH in nutrients! These include fruit, salad, wholemeal sandwiches, lean meat.

AMBER CAUTION FOOD (A): These are foods that provide some nutritional value but are moderately high in fat, salt, sugar and energy such as pasta, focaccias, jaffles.

RED STOP FOOD (R): These foods are poor in nutrients, high in fat, sugar or salt such as lollies, chips, soft drinks, cake. These foods are only available from the canteen on Friday's.