

# Secondary Cafe

## SUMMER MENU 2020

### BREAKFAST

available every day 7.45am - 8.30am

Vegemite or Tomatoes on Toast	1.40
Up & Go	2.30
Yoghurt & Muesli Cup with fruit	2.40
Fruit Toast	1.40
Warm Milo	1.20

### SNACKS

available Recess and Lunch every day

Yoghurt & Yogo assorted flavours	2.40
Fruit Muffins	2.50
Banana Bread	2.50
Fruit Salad (GF, DF)	3.50
Sipahh Straws with Hi-Lo Milk	2.00
Brain Box veggie sticks, cheese & crackers	4.00
Grain Waves & Vege Chips*	1.40
Froyo Frozen Yoghurt*	2.00

\*after lunch only

### DRINKS

available Recess & Lunch

Fruit Juice 100% 250ml	2.50
Bottled Spring Water 600ml	2.50
Flavoured Milk 300ml	2.50
Up & Go	2.50
Sparkling Mineral Water 500ml	2.50
Cup of Cold Milo	1.20



St Mary MacKillop College

CHOOSE LIFE WITH COURAGE

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### RECESS

#### MONDAY:

Breakfast Wrap (can be GF) with bacon, egg, lite cheese & BBQ sauce	3.50
Salsa Cheesie tomato, onion, chives & cheese on multigrain sourdough	3.00
Savoury Scrolls with ham, pineapple & lite cheese	3.50
Fresh Bakery item	2.80
Daily Treat	2.50

#### TUESDAY:

Spinach, Roasted Capsicum & Feta Sub (DF, V) (GF avail)	4.00
Fresh Bakery item	2.80
Pizza Scrolls	3.50
Spaghetti & Spinach Cheesie	2.50
Daily Treat	2.50

#### WEDNESDAY:

Fresh Bakery item	2.80
Stuffed Potato (GF, V) with baked bean, feta & English spinach	4.00
Cheddarmite Scrolls	3.50
Chicken Cheesie with roasted peppers and BBQ sauce	2.50
Daily Treat	2.50

#### THURSDAY:

Fresh Bakery item	2.80
Bruschetta (V)	2.50
Homemade Sausage Roll or Spinach & Pumpkin Roll (V)	2.50
Mini Quiche	3.00
Steamed Pork Dumplings (GF, DF, V options available)	3.00

#### FRIDAY:

Fresh Bakery item	2.80
Hash Brown (one serve per student)	1.00
Breakfast Wrap with bacon, egg, cheese, spinach & BBQ sauce	3.50
Sushi chicken or vegetarian (DF, GF, V)	5.00
Bolognese Cheesie	2.50

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## SUMMER MENU 2020

### LUNCH

available every day

Fresh Homemade Pizza Slice Hawaiian	3.00
Burgers on sourdough ciabatta beef, marinated chicken or vegetarian with salad (V)	6.00
Hot Chicken Roll in multigrain sourdough	5.00
Chickpea and Vegetable Curry on Basmati rice (V, DF, GF)	5.00
Grilled Snapper Wrap with salad & citrus aioli	6.00
Noodle Cup beef, chicken or vegetable	3.50

### SANDWICHES

toasties, wraps and rolls

(G/F options available)

	Sandwich	Wrap	Roll
Sweet Chilli Chicken with salad	5.00	5.00	5.00
Avocado and Egg with salad	4.00	4.50	4.50
Ham with salad	3.50	4.00	4.50
Chicken with salad	3.50	4.00	4.50
Roast Beef with salad	3.50	4.00	4.50
Curried Egg	3.00	3.50	4.00
Baked Beans	3.00	3.50	3.50
Spaghetti	3.00	3.50	3.50

#### boost your sandwich

Boiled Egg	1.00
Tomato Sauce	.30
Extra Salad item (pineapple, beetroot, cheese, mayo, tuna, sauce)	.50



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### DAILY LUNCHES

check blackboard for specials

#### MONDAY:

Pearl Couscous Tabbouleh with BBQ chicken or plain (V, DF)	6.00
Pasta Carbonara (Vegetarian available)	6.00
Nachos Meat or Salsa and Vegetables (GF, V)	5.00

#### TUESDAY

Caesar Salad	5.00
Chicken Caesar Salad	6.00
Vietnamese Noodle Bowl	5.00
Quiche of the Day	5.00

#### WEDNESDAY

Chicken-filled Avocado (GF, DF) with spiced mayo, red peppers, shallots & spinach	6.00
Roasted Feta Greek Salad with Balsamic dressing (V, GF, DF)	5.00
Loaded Oven Baked Wedges with lite cheese and GF gravy	5.00

#### THURSDAY

Cottage Pie	6.00
Ratatouille Pie (V, GF)	5.00
Thai Beef Salad (GF, DF)	6.00

#### FRIDAY

Nasi Goreng (GF, DF, V)	5.00
Marinated Coconut Snapper Salad with chilli lime dressing (GF, DF)	6.00
Beef Kebab Sub Roll with Korean BBQ mayonnaise & salad	6.00

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