

Secondary Cafe

WINTER MENU 2020

BREAKFAST

available every day 7.45am - 8.30am

Vegemite or Spaghetti on Toast	1.50
Up & Go	2.50
Yoghurt & Muesli Cup with fruit	2.50
Porridge	2.00
Warm Milo	1.20

SNACKS

available Recess and Lunch every day

Yogo assorted flavours	2.50
Fruit Muffins	2.50
Banana Bread	2.50
Fruit Salad (GF, DF)	4.00
Sipahh Straws with Hi-Lo Milk	1.00
Brain BOX veggie sticks, cheese & crackers	3.50
Grain Waves & Vege Chips*	1.00
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 Warm Milo	1.20



St Mary MacKillop College

CHOOSE LIFE WITH COURAGE

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RECESS

MONDAY:

Breakfast Burger (can be GF) with bacon, egg, lite cheese & BBQ sauce	4.00
Salsa Cheesie tomato, onion, chives & cheese on multigrain sourdough	3.00
Cheddarmite Scroll	3.50
Freshly Baked Muffins	2.50
Daily Treat	3.00

TUESDAY:

Pulled Pork in steamed Bao Bun with slaw	4.00
Freshly Baked Muffins	2.50
Pizza Scrolls	3.50
Spaghetti Cheesie	3.00
Daily Treat	3.00

WEDNESDAY:

Freshly Baked Muffins	2.50
Stuffed Potato (GF) fillings will vary weekly	4.00
Vegetable Scroll	3.50
Chicken Cheesie with roasted peppers and BBQ sauce	3.00
Daily Treat	3.00

THURSDAY:

Freshly Baked Muffins	2.50
Bruschetta (V)	3.00
Homemade Sausage Roll or Spinach & Pumpkin Roll (V)	3.50
Vegetable Quiche	3.50
Steamed Pork Dumplings with sticky soy (GF, DF, V options available)	3.00

FRIDAY:

Freshly Baked Muffins	2.50
Hash Brown (one serve per student)	1.00
Breakfast Burger with bacon, egg, cheese & BBQ sauce	4.00
Krispy Karaage Chicken Bun oven-baked	5.00
Bolognese Cheesie	2.50
Daily Treat	3.00

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WINTER 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 or Beef & Gravy Roll in multigrain sourdough	5.00
Chickpea and Vegetable Curry on Basmati rice (V, DF, GF)	5.00
Grilled Bronzie Shark Wrap with salad, mayonnaise and sweet chilli	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	3.00	3.50	4.00
Ham with cheese & tomato	3.50	4.00	4.50
Chicken with cheese	3.50	4.00	4.50
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

DAILY LUNCHES

check blackboard for specials

MONDAY:

Hot Asian Noodle Bowl with chicken and vegetables (GF, V available)	6.00
Cheesy Pasta Bake (V)	6.00
Pasta Bolognese with Parmesan cheese	6.00

TUESDAY

Thai Rice Vermicelli Broth (GF, V) add beef	5.00 6.00
Homemade Pies – meat or roast veg (V)	6.00
Hot Roast Chicken with vegetables and GF gravy	5.00

WEDNESDAY

Tortilla Stack with chicken, vegetables & balsamic aioli	6.00
Pasta Carbonara creamy chesse sauce with bacon, onion and mushrooms	5.00
Loaded Oven Baked Wedges with sweet chilli and lite sour cream	5.00

THURSDAY

Rogan Josh Lamb Curry with rice	6.00
Butter Chicken with basmati rice	6.00
Panfried Snapper with sauteed vegetables (DF)	6.00

FRIDAY

Nasi Goreng (GF, DF, V)	5.00
Homemade Cornish Pastie golden pastry filled with beef & vegetables	6.00
Sweet & Sour Pork with egg noodles	6.00

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