

Secondary Cafe

WINTER MENU 2022

RECESS

BREAKFAST

available every day 7.45am - 8.30am

Vegemite or Spaghetti on Toast	1.50
Up & Go	2.70
Sourdough Fruit Toast	2.50
Warm Milo	2.00

SNACKS

available Recess and Lunch every day

Popcorn	1.00
Pretzels	1.00
Fruit Salad (GF, DF)	3.50
Fresh Fruit	1.00
Froyo Frozen Yoghurt*	2.50

*after lunch only

DRINKS

available Recess & Lunch

Fruit Juice 100% 250ml	2.50
Bottled Spring Water 600ml	2.00
Flavoured Milk 300ml	3.00
Noah's Juice range 260ml	4.00
Up & Go	3.00
Sparkling Mineral Water 500ml	3.00
Cup of HOT Milo 12oz	2.00



St Mary MacKillop College

CHOOSE LIFE WITH COURAGE

ngoondaboot-al booraka goordoo

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
Cafe Muffin	3.50
Daily Treat	3.00

TUESDAY:

Pulled Pork in steamed Bao Bun with slaw	4.00
Pizza Scrolls	3.50
Spaghetti Cheesie	3.00
Cafe Muffin	3.50
Daily Treat	3.00

WEDNESDAY:

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

THURSDAY:

Bruschetta (V)	3.00
Homemade Sausage Roll or Spinach & Pumpkin Roll (V)	3.50
Steamed Pork Dumplings with sticky soy (GF, DF, V options available)	3.00
Cafe Muffin	3.50

FRIDAY:

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
Cafe Muffin	3.50
Daily Treat	3.00

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LUNCH

available every day

Fresh Homemade Pizza Slice Hawaiian	4.00
Burgers on sourdough ciabatta beef, marinated chicken or vegetarian with salad (V)	6.00
Hot Chicken or Beef & Gravy Roll in multigrain sourdough	6.00
Red Lentil, Chickpea & Vege Curry on Basmati rice (V, DF, GF)	6.00
Panfried Fish and Salad Wrap	6.00
Noodle Cup chicken or vegetable	3.50

SANDWICHES

toasties, wraps and rolls

(G/F options available)

	Sandwich	Wrap	Roll
Sweet Chilli Chicken with salad	6.00	6.00	6.00
Avocado and Egg with salad	5.00	6.00	6.00
Ham with salad	4.50	5.00	6.00
Ham with cheese & tomato	4.50	5.00	6.00
Chicken with cheese	4.50	5.00	6.00
Baked Beans	4.00	4.50	5.00
Spaghetti	4.00	4.50	5.00

Create your own sandwich - price on order

boost your sandwich

Boiled Egg, Gluten-free option	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:

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)	5.00
add beef	6.00
Lasagne - mince or vegetarian (V)	6.00
Baked Bean & Cheese Volcano served in a Potato Bun	6.00

WEDNESDAY

Hot Chicken Cheese & Bacon Turkish with roasted peppers, greens and chilli aioli	6.00
Pasta Carbonara creamy chesse sauce with bacon, onion and mushrooms	6.00
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
Club Sandwich Panini	6.00

FRIDAY

Mie Goreng - noodles (GF, DF, V)	5.00
Chicken, Cheese & Bacon Strudel with baby spinach	6.00
Sweet & Sour Pork with egg noodles	6.00

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