

# Secondary Cafe

SUMMER MENU 2022-23

## BREAKFAST

available every day 7.45am - 8.30am

Vegemite or Tomatoes on Toast	1.50
Yoghurt and Muesli Cup	2.50
Up & Go	3.00
Fruit Muffin	3.50
Sourdough Fruit Toast	2.00
Warm Milo	2.00

## SNACKS

available Recess and Lunch every day

Fruit Muffins	3.50
Savoury Dip, Crackers & Vegetables	3.00
Froyo Frozen Yoghurt*	2.50
Fruit Salad (GF, DF)	3.50
Popcorn	1.00
Pretzels	1.00

\*after lunch only

## DRINKS

available Recess & Lunch

Noah's Fruit Smoothie 250ml	4.00
Raspberry Kombucha 250ml	3.00
Fruit Juice 250ml	2.50
Bottled Spring Water 600ml	2.00
Choc Milk 300ml	3.00
Up & Go	3.00
Sparkling Mineral Water 500ml	3.00
Cup of Cold Milo	2.00



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## RECESS

### MONDAY:

Daily Muffin	3.50
Spaghetti Cheesie	3.00
Breakfast Wrap (can be GF) with bacon, egg, lite cheese & BBQ sauce	4.00
Savoury Scrolls with ham, pineapple & lite cheese	3.00
Daily Treat	2.50

### TUESDAY:

Daily Muffin	3.50
Sushi chicken or vegetarian (DF, GF, V)	5.00
Salsa Cheesie tomato, onion, chives & cheese on multigrain sourdough	3.00
Steamed Pork & Chive Dumplings	3.00
Pizza Scrolls	3.50
Daily Treat	2.50

### WEDNESDAY:

Daily Muffin	3.50
Stuffed Potato (GF, V) with baked bean, feta & English spinach	4.00
Cheddarmite Scrolls	3.50
Chicken Cheesie with roasted peppers and BBQ sauce	3.00
Daily Treat	2.50

### THURSDAY:

Daily Muffin	3.50
Bruschetta (V)	3.00
Homemade Sausage Roll	3.50
Vegetable Roll (V)	3.00
Beef Burger Slider with salad	3.00

### FRIDAY:

Daily Muffin	3.50
Fresh Bakery Treat	3.00
Breakfast Wrap with bacon, egg, cheese, spinach & BBQ sauce	4.00
Sticky Sesame Chicken with baby spinach	3.00
Bolognese Cheesie	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 Roll with mayonnaise	6.00
Steak and Salad Roll	7.00
Chickpea, Butter Bean & Vegie Curry on Basmati rice (V, DF, GF)	6.00
Fish Taco with salad, salsa & guacamole	6.00
Noodle Cup chicken or vegetable	3.50

## SANDWICHES

toasties, wraps, ciabatta roll or Turkish

(G/F options available - \$1)

Toastie/Sandwich	Wrap	Roll or Turkish	
Sweet Chilli Chicken with salad	4.50	6.00	6.00
Ham w/cheese & tomato	4.50	5.00	6.00
Ham with salad	4.50	5.00	6.00
Chicken with salad	4.50	5.00	6.00
Roast Beef with salad	4.50	5.00	6.00
Avocado and Egg with salad	4.50	5.00	6.00
Curried Egg	3.50	4.50	5.00
Baked Beans Toastie	3.00	3.50	4.00
Spaghetti Toastie	3.00	3.50	4.00

### boost or customise your sandwich

Gluten Free	1.00
Boiled Egg or Avocado	1.00
Tomato Sauce	.30
Extra Salad item (pineapple, beetroot, cheese, mayo, tuna, sauce)	.30

## DAILY LUNCHES

check blackboard for weekly special

### MONDAY:

Chicken Greek Salad (GF)	6.00
Bookmaker sandwich in Turkish	6.00
Pasta Carbonara (Vegetarian available)	6.00
Nachos Meat or Salsa and Vegetables (GF, V)	5.00

### TUESDAY

Caesar Salad	6.00
Chicken Caesar Salad	6.50
Vietnamese Noodle Salad (DF, GF, V)	5.00
Club Sandwich Panini	6.00

### WEDNESDAY

Chicken-filled Avocado (GF, DF) with spiced mayo, red peppers, shallots & spinach	6.00
Malaysian Coconut Fish Salad	6.00
Korean Chicken Salad with crunchy noodles	6.00
Loaded Oven Baked Wedges with lite sour cream and sweet chilli	6.00

### THURSDAY

BLT Ciabatta Roll	6.00
Singapore Noodle Salad with beef or chicken (GF, DF)	6.00
Thai Beef Salad (GF, DF)	6.00

### FRIDAY

Nasi Goreng (GF, DF, V)	6.00
Grilled Chicken Salad with roasted Tofu and mango chutney	6.00
Hot Chicken, Cheese & Bacon Turkish with roasted peppers, greens and chilli aioli	6.00



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