

Everyday Food



Fresh Sandwiches \$ 5.00

(Daily selection varies)

Ham, cheese & tomato

Egg & Lettuce

Chicken, Lettuce & Mayo

Pink Salmon, Lettuce & Mayo

Fresh Tortilla Wraps (MT only) \$5.00

(pre-order before school only)

Teriyaki Chicken & salad (h)

Sweet Chilli Chicken (h)

Ham, Cheese & salad

Avocado & Salad (vg)

Fresh Salads \$ 6.00

(Daily Selection varies)

Chicken Caesar

Poke Bowls Sashimi Tuna; Chicken or Avocado (gf/df)

Roast Sweet Potato, Spinach & Feta (gf)

Vegetarian Soba Noodle

Chicken Ranch Salad

Fresh Rolls \$ 5.50

BLT - Lean Bacon, Lettuce & Roma Tomato w Ranch dressing

Grilled Chicken (h) - daily selection varies -Peri Peri; Tandoori; Satay

Hot food

Garlic Bread \$ 2.30

Large Sausage Roll (h) \$ 4.80

Lite Beef Pie (h) \$ 5.20

Beef lasagne (h) \$ 5.00

Hot Dog low fat frank w sauce & long roll \$ 4.00

Mac 'n Cheese (v) \$ 4.50

Pasta of the Day \$ 5.00

Pizza Extravaganza (lunch only) \$ 5.00

choice of —BBQ Meatlovers; Hawaiian; Satay Chicken (h) Peri Peri Vegi (v); BBQ Cheeseburger (h); Tandoori Chicken (h); Hawaiian without Pineapple (Ham); Pepperoni

Gourmet Burgers (lunch only)

Buttermilk Chicken Burger—fresh FR chicken breast in a seasoned crumb on potato bun w slaw & ranch (h) \$ 5.50

Beef 'n Cheese on potato bun w slaw & special sc (h) \$ 5.50

Garden Burger (vg) w tomato relish & kale slaw (h) \$ 5.50

MSA Student Card and Eftpos payment only

Avoid the queue, pre-order

Top up your student card from home (allow 1 day for transfer) or at school with cash or eftpos (7.00am to 8.30am only)

No change given.

(h) halal (v) vegetarian (df) dairy free (gf) gluten free (vg) vegan

Items may be altered for dietary requirements.
Please talk to our Chef

Lunch Specials



Sushi Monday from \$3.50

Big Crunch Sushi Varieties

Choosy Tuesday from \$6

Chef's special of the day

Wokin' Wednesday \$7

Wok will be this week's special?

Burger Thursday \$7

The best Burgers from around the world!

Friday Pieday

The Brick \$7 - slow cooked beef brisket burger w our smoky bbq sauce, mayo & kale slaw on ciabatta

Gourmet Pie \$7 - Chef's homemade pie of the week

Snacks

Seasonal whole Fruit	from	\$ 1.00
Watermelon/Fruit tub	from	\$ 2.00
Custard		\$ 2.00
Bega Cheese portion		\$ 1.50
Water crackers (2)		\$ 0.20
B&C Choc Brownie Protein bar		\$ 4.00
Donskis Mild Salami Sticks (2 pack)		\$ 4.00
Biscoff (ea)		\$ 0.20
Potato Chips	from	\$ 1.50
Trail mix - Granola w dark chocolate (gf) contains nuts		\$ 1.20

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Drinks

Spring Water 600ml		\$ 1.50
Paul's Full Cream Milk	from	\$ 1.80
Breaka Flavoured Milk 300ml		\$ 2.80
Sparkling Water 500ml		\$ 3.00
Cooroy Water 1L pop-top		\$ 3.00
Waterfords Mineral Water 475ml		\$ 3.70
Breaka Flavoured Milk 500ml		\$ 4.00
Grove Premium Juice 350ml		\$ 4.30
Boost Juice Varieties 350ml		\$ 4.50
Amaya Iced Tea—White Peach or Yuzu		\$ 4.50
Ice Break Iced Coffee 500ml		\$ 4.80
Zymil Flavoured milk 400ml		\$ 4.80
Oak Plus Protein 500ml		\$ 5.00