

Everyday Food



Breakfast 7am to 8.30am

Thick raisin toast w butter	\$ 1
Vaalia yoghurt assorted low fat flavours	\$ 1.20
Up N Go assorted low fat flavours	\$ 3
Banana bread	\$ 2.50
GF banana bread	\$ 3
Bacon & egg roll w hollandaise	\$ 5
HM granola w greek yoghurt & berry swirl (gf)	\$ 4.50
Ham & cheese sourdough toastie	\$ 4
Tomato & cheese sourdough toastie	\$ 4

Fresh Sandwiches (selection varies) \$ 4.50

Chicken & avocado
Ham, cheese & tomato
Egg & lettuce
Chicken & salad
Ham & salad

Fresh Tortilla Wraps (selection varies) \$ 4.50

Teriyaki chicken & salad (h)
Sweet chilli chicken (h)
Ham & salad
Avocado & salad (vg)
Cheese & salad (v)

Fresh Salads (selection varies) \$ 6.00

Chicken caesar
Fresh tuna poke
Roast sweet potato, black rice & feta
Pumpkin & freekah
Vietnamese noodle
Chicken ranch salad

Hot food

Garlic bread	\$2.00
Large sausage roll (h)	\$4.20
Lite beef pie (h)	\$4.50
Beef lasagne (h)	\$5.00
Bean & black rice enchilada	\$5.00
Chicken & brown rice enchilada	\$5.00
Pumpkin enchilada (vegan; GF pre-order only)	\$5.00
Hot dog low fat frank w sauce & meal roll	\$3.50
Mac 'n cheese (v)	\$4.00
Pasta of the day see our specials board for today's flavour	\$4.50

Gourmet Burgers

Buttermilk chicken burger fresh chicken breast in a seasoned crumb on ciabatta w slaw & ranch (h)	\$5.50
Beef 'n cheese on ciabatta w slaw & (h)	\$5.50
Garden burger (vg) w vegan aioli & kale slaw	\$6.00

Fresh Ciabattas \$ 5.50

BLT – lean bacon, lettuce & roma tomato w ranch dressing
Grilled Chicken (h) (selection varies)
Peri peri; tandoori; cajun; satay; teriyaki ; BBQ

MSA student card and EFTPOS payment only

Avoid the queue, pre-order

Top up your student card from home (credit card funds clear in 30 mins) or at school (Café 74 only) with cash or EFTPOS (7.30am to 8.30am only) No change given.

New students without MSA Student Cards may pre-order using cash before school only

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

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

Lunch Specials



MONDAY

Pulled Pork Burger \$6

In-house slow cooked pork, Louisiana mop sauce, slaw & smoky BBQ

Pizza Extravaganza \$5

BBQ meatlovers; hawaiian; vegetarian; peperoni; tandoori chicken; BBQ cheeseburger (h)

TUESDAY

Smoking Jack \$6 (vg)

Vegan BBQ jackfruit burger

Pizza Extravaganza \$5

BBQ meatlovers; hawaiian; vegetarian; peperoni; tandoori chicken; BBQ cheeseburger (h)

WEDNESDAY

Homemade rice paper rolls \$4.50 (2) (gf)

Avocado & sweet chilli; teriyaki chicken; sweet chilli chicken; wasabi chicken; tuna & mayo

Wok of the week from \$5

Chefs special of the day

THURSDAY

Chipotle Chicken Burger \$6

w bacon & cheese

Pizza Extravaganza \$5

BBQ meatlovers; hawaiian; vegetarian; peperoni; tandoori chicken; BBQ cheeseburger (h)

Friday

Brisket Burger \$6

Slow cooked beef brisket w our smoky bbq sauce, mayo & kale slaw on ciabatta

Pizza Extravaganza \$5

BBQ meatlovers; hawaiian; vegetarian; peperoni; tandoori chicken; BBQ cheeseburger (h)

Snacks

Deli box (vegie sticks, fr egg, hummus; pita bread)	\$ 3
Emma & Tom's super food balls	\$ 3
Baked goods	from \$ 2.50
Seasonal whole fruit	from \$ 1
Watermelon/fruit tub	from \$ 2
Popcorn or potato chips	from \$ 0.60
Iced treat's available at Mansfield Central only	
	from \$ 0.60
Trail mix – granola w dark chocolate (gf) contains nuts	\$ 1

Fresh food items may be altered for dietary requirements.
Please talk to our Chef before school

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

Drinks

Emma & Tom's water 600ml	\$ 1.50
Paul's full cream Milk	from \$ 1.50
Breaka flavoured milk 300ml	\$ 2.20
Mt Warning sparkling water 500ml	\$ 2.50
Cooroy water 1L pop-top	\$ 2.50
Oak mini shake 250ml	\$ 2.70
Emma & Toms juice 250ml	\$ 3.50
Breaka flavoured milk 500ml	\$ 3.70
Emma & Tom's smoothies 350ml	\$ 4.50
Ice Break iced coffee 500ml	\$ 4.80
Zymil flavoured milk 400ml	\$ 4.80
Oak plus protein 500ml	\$ 4.80