



## Canteen 2019

The canteen menu is focussed on fresh and healthy options using produce sourced from local suppliers.

Please note that some items are only available if ordered.

We are also able to cater for special dietary requirements – just let the canteen staff know.

### Operating Hours

**Coolock Campus:** 9am until the end of lunch

**St Mary's Campus:** 7.30am until the end of lunch

### Lunch Orders

Students can order their lunch at the canteen before school or during recess, then collect their order at lunchtime. Please include name and year level on order.

Alternatively they can just come to the canteen and buy what they want.

### Daily Specials - must be ordered

<b>Monday:</b>	Pizza	\$4.00 per quarter
<b>Tuesday:</b>	Pasta of the day	Small \$4.50 Large \$6.50
<b>Wednesday:</b>	Sushi	\$3.00 each
<b>Thursday:</b>	Lamb Souvlaki with lettuce, tomato and tzatziki	\$6.50
<b>Friday:</b>	Beef Burger	\$6.50

### Hot Food - available every day

Nachos	\$6.50
Turkish Breads	\$6.50
Parma Rolls/Subs - chicken breast schnitzels with salsa, grated cheese	\$6.50
Chicken Chilli Wraps- Chicken chilli tender strip with lettuce, carrot, tomato, cheese & mayo in a tortilla wrap	\$6.50
Veggie Burgers- Vegetable pattie with lettuce, tomato and mayo/sweet chilli sauce in a roll	\$6.50
Hot dogs – Skinless hot dog in a roll with sauce	\$3.00
With cheese & sauce	\$3.50
Fantastic Noodle cup- 70g noodle cup available in beef or chicken	\$2.50
Chicken Nuggets (3) (Tempura style, Coolock)	\$2.00
Dim Sims	\$1.00
Vegetable pastie	\$4.00
Four n Twenty king-size sausage roll (St Mary's)	\$3.50
Four n Twenty school-size sausage roll (Coolock)	\$3.00
Tomato Sauce portions	\$0.20

### Sandwiches, Rolls and Wraps

- There is a selection of freshly made sandwiches, wraps and rolls in the fridge every morning.
- Sandwiches and rolls available on white or multigrain.
- Wraps & Sandwiches can be toasted on request.
- The following are available every day to be ordered.

	Sandwich	Roll
Vegemite or Cheese or Ham	\$3.00	\$3.50
Cheese & vegemite or	\$3.00	\$3.50
Ham & Cheese	\$3.00	\$3.50
Ham, Cheese and Tomato	\$4.00	\$4.00
Egg and Lettuce	\$4.50	\$4.50
Chicken / Ham & Salad (Lettuce, tomato, carrot, beetroot, cheese, cucumber and mayo)	\$5.50	\$6.50
Chicken, avocado, lettuce and brie	\$5.50	\$6.50
Salad Sandwiches (Lettuce, tomato, carrot, beetroot, cheese, cucumber and mayo )	\$4.50	\$5.50

continued over...



# CANTEEN 2019

## Wraps

	½ Wrap	Full Wrap
Chicken/Ham Wraps with salad (Lettuce, tomato, carrot, cucumber, cheese, beetroot and mayo)	\$4.50	\$6.50
Salad Only (Lettuce, tomato, carrot, cucumber, cheese, beetroot and mayo)	\$3.50	\$5.50
Chicken Caesar (Cos lettuce, bacon, shaved parmesan cheese, egg and Caesar dressing)	\$4.50	\$6.50

## Salads

- Available every day but must be ordered to avoid disappointment

	Small Bowl	Large bowl
Salad of the day – see specials board	\$4.50	\$6.50
Salad bowl with ham/chicken	\$4.50	\$6.50
Salad only bowl	\$3.50	\$5.50
Mixed lettuce, carrot, cherry tomatoes, baby beetroot, cucumber, egg, red onion and salad dressing sachet		
Chicken Caesar bowl	\$4.50	\$6.50
Freshly roasted chicken, cos lettuce, bacon, shaved parmesan cheese, egg and Caesar dressing		
Greek Couscous salad	\$4.50	\$6.50
Pearl couscous with red capsicum, cherry tomatoes, Lebanese cucumber, red onion, olives, parsley and feta		

## Gluten Free Options - must be ordered

Chicken chilli wraps – Gluten free chicken tender with lettuce, tomato, carrot, cheese in a gluten free wrap with gluten free mayo/sweet chilli sauce.		\$6.50
Falafel wraps - 3 Gluten free falafels served in a gluten free tortilla with lettuce, tomato, carrot and mayo/sweet chilli sauce		\$6.50
Salad wrap - Gluten free tortilla wrap with ham/chicken with lettuce, tomato, carrot, cucumber, beetroot, cheese and gluten free mayo	½ wrap	\$4.50
	Full wrap	\$6.50
Salad only wrap -	½ wrap	\$3.50
	Full wrap	\$5.50

## Snacks

Fruit salad (St Mary's)	\$4.00
Cheesymite rolls	\$3.00
Selection of home made muffins and slices	\$3.00
Red Rock deli chips 45g	\$2.50
Home made choc chip cookies	\$1.00
Mini muffins	\$0.50
Fruit cups (Coolock)	\$0.50
Icy Twist	\$1.20
Dixie cup icecream	\$1.00
Calippo	\$1.00
Frozen Pineapple	\$0.50
Zooper Doopers (St Mary's)	\$0.50

## Drinks

Juice Brothers (no sugar): apple raspberry, orange, & tropical	\$2.50
Home-made iced chocolate	\$2.50
Home-made iced coffee	\$2.50
Slush Puppies	\$2.00

## St Mary's only (Years 10-12)

### Breakfast Menu

Muesli bowl with 2 ingredients	\$4.00
Muesli bowl with 3 ingredients (Milk, yoghurt or fruit)	\$4.50
Hash Brown	\$1.00
Egg & bacon roll with tomato/barbeque sauce	\$4.50
With hash brown	\$5.50
Croissant with ham & cheese	\$4.00
Croissant with ham, cheese and tomato	\$4.50
Pancakes – two large buttermilk pancakes with maple syrup & cream	
– Lemon & sugar or berry coulis & cream	\$4.00

