



2018 Winter menu

Cafeteria Chef Manager Andrew Watson Phone 9405 0577 Email Andrew.watson@mdc.wa.edu.au

***Lunch orders can be emailed to cafeteria@mdc.wa.edu.au**

Please place your orders before recess to avoid disappointment

AVAILABLE at BREAKFAST

From 7.00am – 8.30am

Toast 2 slices buttered	1.00
Café thick Fruit toast	1.50
Bacon & Egg Muffin	3.00
Savoury Omellete	4.00
Berry Muesli Cup	4.00
Provital Fruit Cups	2.40

BREAKFAST SPECIALS

Toast & Hot Chocolate Combo 2.50

AVAILABLE at RECESS & LUNCH

Weetbix, muesli bars, K-Time bars	1.40
Cheesies	1.50
Gluten free Piranha chips	1.50
Hot Choice of the day	5.00
Toasted Sandwiches from	2.00
Cookies	2.50
Freshly Baked Asst Muffins	2.00
Homemade Banana bread	2.50
Asst cakes & slices	2.50
Cheese & Spinach Roll	3.00
Pies	3.00
Sausage Rolls	2.50
Farmhouse Pastie	3.50

CROISSANT

(Ham or Chicken & Cheese)	3.00
Fresh Fruit Salad	3.50
Cheese and Crackers	2.00
Fresh Fruit	1.00

DAILY MENU with SPECIALS

Will be emailed out each morning.

Something new and fresh will appear each day

Gluten free and vegetarian choices available each day

RECESS SPECIALS

MON	Asst Scrolls	2.00
TUE	Chicken Tenders	2.50
WED	Hash Browns	1.00
THUR	Potato gems	1.00
FRI	Wedges	3.50

DRINKS

Full Barista Espresso Coffee Menu from \$3.00
Asst Black and Herbal Teas \$2.00
Available ONLY to years 10, 11 & 12

Flavoured Milks	sml 2.50	lge 3.50
Mineral Water 500ml	Asst	3.00
Fruit Box	Asst flavours	2.00
Asst Waters	from	2.00
Up and Go		2.00
Emma & Toms Life Juice		3.80

DAIRY

Froyo Frozen Yoghurts (most GF)	2.50
Assorted Ice-creams from	1.50
Assorted Yoghurt Tubs 170g	2.00
Muesli Yoghurt & Berry Cup	4.00
Ice Cream Tub GF	1.50

Please see over the page for Lunch Menu & Daily Specials

DAILY LUNCH

FRESHLY BAKED BAGUETTES

Available Daily

Full Baguette 5.00

*FILLINGS (Choice of one protein)

Chicken, Ham, Bacon, Egg, or Tuna,
with Salad (Includes Mayo or Pickle)

*EXTRAS – 50c

OR EXTRA MEATS \$1.00

SANDWICHES & BAGUETTES

	S/W	ROLL
Salad ONLY	3.00	3.50
Vegemite	1.00	2.00
Chicken/Salad,	3.50	5.00
Tuna/Salad,	3.50	5.00
Ham/Salad,	3.50	5.00
Cheese/Salad	3.50	5.00

*Mayo, Aioli optional

SALAD FOR SANDWICHES/ROLLS:

Lettuce, tomato, cucumber and carrot

*BREADS (onion optional)

White/Wholemeal or M/Grain Bread

TOASTED SANDWICHES

Cheese	2.00
Cheese/Tomato	2.50
Ham/Cheese	2.50
Chicken/Cheese	3.00
Ham/Cheese/Tomato	3.50
Bacon and Egg	3.00

TOASTED TURKISH/FOCACCIAS CIABATTAS & PANINIS

with assorted fillings each day 5.00

WRAPS (Can be toasted)

Salad Only	4.50
With Ham, Chicken, Tuna, Egg or Cheese	5.00

SALADS Potato, Pasta, Veg sml \$3.50

Garden Salad

(Lettuce, tomato, cucumber, onion
carrot & dressing) Lge 4.50 Small \$3.50

SPECIALTY SALADS

Thai Beef, Moroccan Chicken,
Tuna, ¼ Chicken, Beef, Ham,
Roast Vegetable & More
\$5.00

WEEK DAY MENU

HOT HOMEMADE SOUP SERVED DAILY

Winter ONLY

MONDAY

Macaroni Cheese (V)	4.00
Butter Chicken Curry with rice (GF)	5.00
Fresh Beef Lasagne	5.00
Hot Dog and cheese	3.50
Americano Pizza (Pepperoni & Cheese)	4.50

TUESDAY

Napoli Gnocchi with parmesan (V)	5.00
BBQ Pork Fried Rice (GF)	5.00
Baguette with bolognese (GF)	5.00
Nachos with Salsa & Cheese (V)	3.50
Spanish Chicken & Potato	5.00

WEDNESDAY

Tandoori Chicken Burger with salad	5.00
Beef Pie with Potato Top (GF)	5.00
Mexican Beef Taco	5.00
Pulled Pork & Gravy roll	5.00
Savoury Quiche with rice Crust (GF) (V)	4.00

THURSDAY

Wok Noodle Stir Fry	5.00
Beef Burger with cheese & sauce	4.00
Meat Box with Chips with Gravy	5.00
Greek Lamb Souvlaki	5.00
Vegetable Curry and Rice (GF) (V)	5.00

FRIDAY

Spaghetti Napoli (V)	4.00
Schnitzel Burger & Salad	5.50
Mild Beef Curry with rice (GF)	5.00
Chicken Paella (GF)	5.00
Crispy Flathead & chips, lemon & Tartare Sce	5.00

Asst Japanese Soba Noodles	4.50
Asst 4 piece sushi available every day	4.50

FRESH HOMEMADE SOUP with ROLL	4.00
CRUSTY BREAD ROLL	0.50