

SPRING / SUMMER MENU

DAILY SPECIALS

MON: Veggie, lentil or BBQ Jack burger (DF, PB, NF, GFO) **\$7.00**

TUE: Haystax (NF, GF, DFO) **\$6.50 sml \$7.50 lrg**

WED: Sushi bowl **\$7.50** Sushi roll **\$3.50** (DF, PB, NF, GF)

THURS: Rice paper rolls x 2 (DF, PB, NF, GF) **\$6.00** Add BBQ jackfruit or tofu **\$1.50**

FRI: Nachos (NF, GF, DFO) **\$6.50 sml \$7.00 lrg**

All these specials are offered as a **\$10 MEAL-DEAL** with fruit tub and bottle of water.

Please visit our
canteen to see what
other foods we have
for sale during lunch
times

SALADS

MC salad of the day (DF/PB/GF/NF) **\$7.00**

Greek salad (GF) **\$7.00**

Rainbow salad (DF/PB/GF/NF) **\$7.00**

Garden salad [sml] (DF/PB/GF) **\$4.50**

BREAKFAST

Bircher muesli (DF/NF/PB)
w/ cinnamon poached pears **\$4.50**

Yoghurt, granola, berries **\$3.50**

SNACKS

Frozen fruit tubs **\$1.00**

Sorbet (DF/PB/GF) **\$1.50**

Hummus w/ veggie sticks (DF/PB/GF) **\$2.50**

Cherry ripe bliss ball (DF/PB/GF) **\$2.00**

Muesli slice (DF/PB) **\$1.50**

Apple cinnamon muffins (DF/PB/GF/Λ) **\$3.00**

Banana bread (GFO \$4.50) **\$4.00**

Choc blueberry muffins (DF/PB) **\$3.00**

Mini apple pastie (DF/PB/NF) **\$2.00**

Choc mousse (DF/NF/PB/GF) **\$2.00**

Watermelon tub **\$2.00**

Apple slinky **\$1.00**

Fruit tub **\$3.00**

Orange wedges **\$1.50**

Yoghurt **\$2.50-\$3.50**

(optional extras include granola, coulis &/or berries)

DRINKS

PRESS'D juices (300mL) **\$3.50**

Orange, apple, watermelon, apple mint

NUDIE kids poppa (200mL) **\$2.80**

Tropical, orange, apple

Sparkling water **\$2.50**

RAW C coconut water **\$3.00**

RAW C coconut milk (325mL) **\$3.50**

Vanilla bean, chocolate or strawberry

KREOL peach iced tea (355mL) **\$4.00**

Bottled water **\$2.00**

Small milk **\$3.00**

Chocolate or strawberry

Plant-based (PB) Dairy-free (DF) Gluten-free (GF) Nut-free (NF) Contains nuts (Λ).
Option available (O) We have PB options for all our menu items.

mc
eats

AVAILABLE EVERY DAY

MEXI-BOWL

(DF/GF/PB) w/ rice, beans, salsa, cashew cheese **\$7.50**

TURKISH TOASTIES

(PB/DF) Pumpkin, pesto, caramelised onion **\$5.00**

Mediterranean veg, hummus, mayo **\$5.00**

BAKED POTATO

(DF/PB/NF/GF) w/ beans, salsa, lettuce, sauce **\$6.50**

VEGETARIAN SAUSAGE ROLL (PB/DF/NF)

\$3.50

CREAMY PESTO PASTA (DF/PB/NF/GFO)

Sml **\$4.00** Lge **\$5.50**

PIZZAS (MON/WED/THU ONLY) (PB/DF)

\$5.00

Margherita (nap sauce, pesto, cheese*)

Veggie (capsicum, mushroom, tomato, red onion, cheese*, roast sweet potato, pumpkin, spinach, fetta, red onion)

BBQ (BBQ jackfruit & cheese*)

**All pizzas come with smokey mozzarella (contains cashews) with option to change to dairy cheese*

SANDWICH BAR

ADD: Wrap, bread roll

Cheese **\$3.00**

Honey **\$2.50**

Vegemite **\$2.50**

Salad **\$4.50**

Egg **\$3.50**

Egg & lettuce **\$4.00**

Avocado **\$4.00**

Mayo & cucumber **\$4.50**

Pumpkin & hummus **\$4.50**

Tomato & avocado **\$4.50**

Vegemite & avocado **\$4.50**

Egg salad **\$5.00**

Cheese salad **\$5.00**

Veggie sausage salad roll **\$5.50**

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Our Canteen uses MunchMonitor, an easy way for parents and students to order from our school canteen. For families who are yet to sign up via MunchMonitor please do so, with the following log in details at www.munchmonitor.com

school id: macqcollw

password: munch2287

For more information visit www.macquariecollege.nsw.edu.au/canteen/