

SPRING/SUMMER MENU

DAILY SPECIALS

MON: Spag & meatballs with nap sauce
(DF PB NF GFO) sml \$6.50 / lg \$7.50

TUES: Haystacks- corn chips, bean mix, MC salsa, lettuce, cheese
(NF PB DFO) sml \$6.50 / lg \$7.50

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

THURS: Noodle bowl- wombok, snowpeas, rice noodles, Asian meatballs
(DF PB NF GF) sml \$5.50 / lg \$7.50

FRI: Nachos- corn chips, nacho sauce, MC salsa, cheese
(NF GF DF) sml \$6.50 / lg \$7.50

All daily 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 lunchtimes.

SALADS

MC salad (DF PB GF NF)	\$7.50
Greek salad (GF NF)	\$7.50
Sweet pot & pump salad (GF NF)	\$7.50
Garden salad sml (DF PB GF)	\$4.50

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
KOMBUCHA	\$3.50
Lemon/lime, Mango, Wild berry	
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

SNACKS

Bircher Muesli w/ cinnamon pears & MC granola^ (DFO NFO)	\$5.50
Rice pudding (DF PB GF NF)	\$2.00
Frozen rainbow fruit tubs-watermelon, grape, pineapple, mango (DF PB NF GF)	\$1.00
MC Mango or rasp sorbet (DF PB NF GF)	\$2.00
Hummus w/ vegie sticks (DF PB GF NF)	\$2.50
Muesli slice (DF PB NF)	\$3.00
Apple cinnamon muffins (DF PB GF)	\$3.00
Banana bread (GFO \$4.50)	\$4.00
Choc blueberry muffins (DF PB NF)	\$3.00
Apple turnover (DF PB NF)	\$2.00
Choc mousse (DF NF PB GF)	\$2.00
Watermelon tub	\$2.50
Fruit tub	\$3.50
Apple slinky	\$1.00
Orange wedges	\$1.50
Yoghurt (DFO)	\$2.50
Yoghurt with berries (DFO)	\$4.50
Yoghurt, granola^, berries (NFO DFO)	\$5.00

Plant-based (PB) Dairy-free (DF) Nut-free (NF) Contains nuts (^). We have PB options for all menu items. Dairy-free option available (DFO).

mc
eats

AVAILABLE EVERY DAY

JUNIOR RAINBOW BOX: Avo salad wrap, fruit, popcorn, dip & veg sticks (contents of box vary daily) (PB NF DF GFO) \$6.00

MEXI-BOWL: Rice, beans, salsa, cashew cheese^ (DF GF PB) \$7.50

TURKISH TOASTIES:

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

Mediterranean veg, spinach, mayo, hummus (DF PB NF) \$5.00

Tomato, cheese, pesto \$5.00 (NF)

MC SAUSAGE ROLL w/ BBQ sauce (PB DF NF) \$4.00

VEGETABLE PASTIE (PB DF NF) \$4.00

HOT DOG w/ Tomato sauce (PB DF NF) \$4.00

BURRITO (PB DF NF) sml \$4.00 / lg \$8.00

SNACK WRAP: Crispy veg patty, lettuce, mayo (DF PB NF) \$4.50

PASTA

MONDAY: Spag & meatballs (DF PB NF GFO) \$5.00

TUES-FRI: Vegie Bolognese (DF PB NF GFO)

\$4.50 sml / lg \$6.50

PIZZA (Tues-Thurs only) all \$5 (DFO NF GFO)

MARGHERITA: nap sauce, pesto, cheese

VEGIE: tomato, capsicum, mushroom, red onion, cheese

BBQ: MC BBQ sauce, cheese

Dairy free option is smokey mozzarella from The Vegan Dairy.

All bread and pizza bases are wholemeal.

SANDWICH BAR

Salad	\$4.50
Egg	\$3.50
Egg & lettuce	\$4.00
Avocado	\$4.00
Cucumber & mayo	\$4.50
Pumpkin & hummus	\$4.50
Tomato & avocado	\$4.50
Vegemite & avocado	\$4.50
Egg salad	\$5.00
Cheese salad	\$5.00
Vegie sausage/salad roll	\$5.50
Cheese	\$3.00
Honey	\$2.50
Vegemite	\$2.50

TAKE IT HOME

Sausage rolls	6 for \$24
	12 for \$48
Pasties	6 for \$24
	12 for \$48
Lentil patties	6 for \$18
	12 for \$36
Vegie patties	6 for \$18
	12 for \$36

All entirely house-made and packaged frozen for your convenience.

mc
eats

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 use the following:
visit www.munchmonitor.com school id: macqcollw password: munch2287

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