



SUMMER MENU

DAILY SPECIALS

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

TUES: Dumplings \$4.20 for 5, \$7.30 for 9 (V)

WED: Sushi bowl \$8.00 (DF PB NF PB)
Sushi roll \$3.80 (DF PB NF GF)

THURS: Pesto pasta salad \$5.50

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

Please visit our
canteen to see
what other foods
we have for sale
during lunchtimes.

SALADS

MC salad (DF PB GF NF)	\$8.50
Greek salad (GF NF)	\$7.50
Sweet pot & pump salad (GF NF)	\$7.50
Garden salad sml (DF PB GF)	\$5.00
Avo side salad	\$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
RAW C coconut milk (325mL)	\$3.30
Chocolate or strawberry	
KREOL PEACH ICED TEA	\$4
(355ML)	
BOTTLED WATER	\$2

SNACKS

Bircher Muesli w/ cinnamon pears & MC granola^ (DFO NFO)	\$6
Frozen rainbow fruit tubs-watermelon, grape, pineapple, mango (DF PB NF GF)	\$1
MC Mango or rasp sorbet (DF PB NF GF)	\$2
Hummus w/ veggie sticks (DF PB GF NF)	\$3
Muesli slice (DF PB NF)	\$3
Apple cinnamon muffins (DF PB GF)	\$3
Banana bread (GFO \$4.50)	\$4.50
Choc blueberry muffins (DF PB NF)	\$3
Choc mousse (DF NF PB GF)	\$2.50
Watermelon tub	\$3
Fruit tub	\$3.50
Apple slinky	\$1
Orange wedges	\$2.00
Yoghurt (DFO)	\$3.00
Yoghurt with berries (DFO)	\$5.00
Yoghurt, granola^, berries (NFO DFO)	\$6.00

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

RAINBOW BOX: Avo salad wrap, fruit, popcorn, dip & veg sticks (contents of box vary daily) (PB NF DF GFO)
sml \$6 lg \$10

MEXI-BOWL: Rice, beans, salsa, guacamole, cashew cheese^ (DF GF PB) \$8.50

TURKISH TOASTIES:

Pumpkin, pesto, caramelised onion (DF PB NF) \$5.50
Tomato, cheese, pesto \$5.50 (NF)

MC SAUSAGE ROLL (PB DF NF) \$4.50
w/ BBQ or tomato sauce (PB DF NF) \$0.50
add avocado salad \$4:00

VEGETABLE PASTIE (PB DF NF) \$4.50
w/ BBQ or tomato sauce (PB DF NF) \$0.50
add avocado salad \$4:00

BURRITO (PB DF NF) sml \$4.50 / lg \$8

PASTA: (Mon-Fri) Tomato pasta & cheese (DFO PB NF GFO) \$4.50 sml / lg \$6.50

PIZZA (Tues-Thurs only) all \$5.40 (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. GF pizzas by order only.

SANDWICH BAR

Salad	\$5.50
Egg	\$4.50
Egg & lettuce	\$5.00
Avocado	\$5.00
Cucumber & mayo	\$4.50
Tomato & avocado	\$5.00
Vegemite & avocado	\$5.00
Egg salad	\$6.50
Cheese salad	\$6.00
Cheese	\$4
Honey	\$3
Vegemite	\$3

TAKE IT HOME

Sausage rolls	6 for \$27
	12 for \$54
Pasties	6 for \$27
	12 for \$54
Lentil patties	6 for \$18
	12 for \$36

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

All bread and pizza bases are wholemeal.

Although we take the greatest care, please be aware that our kitchen does handle gluten and nuts.



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/