



Summer MENU



DAILY SPECIALS

- MON: Asian Noodle Salad \$5.50
- TUES: Dumplings \$4.50 for 5, \$7.30 for 9 (V)
- WED: Sushi Roll \$4.00
Sushi Bowl \$8.50
- THUR: Pesto Pasta Salad \$5.50
- FRI: Nachos - rice, nacho sauce, MC salsa, cheese sml
\$7.00 / lg \$8.00 (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) | \$8.50 |
| Caesar Salad | \$8.50 |
| Garden salad sml (DF PB GF) | \$5.00 |
| Avo side salad | \$5.00 |

DRINKS

- | | |
|---------------------------------------|--------|
| PRESS'D JUICES (300ML) | \$4.00 |
| Orange, Apple, Watermelon, Apple Mint | |
| NUDIE KIDS Poppa (200ML) | \$2.80 |
| Tropical, Orange, Apple | |
| SPARKLING WATER | \$2.50 |
| KOMBUCHA | \$3.50 |
| Lemon/lime, Mango, Wildberry | |
| RAW C Coconut Water | \$3.00 |
| RAW C Coconut Milk (325mL) | \$3.30 |
| Chocolate or Strawberry | |
| KREOL PEACH ICED TEA (355ML) | \$4.00 |
| BOTTLED WATER | \$2.00 |
| PROTEIN SMOOTHIE (400ML) | \$5.00 |
| Van, Choc, Mixed Berry, Banana Honey | |

SNACKS

- | | |
|---|--------|
| Frozen rainbow fruit tubs (PB NF GF) | \$1.00 |
| MC Sorbet mango or raspberry sorbet (DF PB NF GF) | \$3.00 |
| Watermelon Popsicle | \$2.00 |
| Muesli Slice (DF PB NF) | \$3.00 |
| Apple cinnamon muffins (DF PB GF) | \$3.00 |
| Choc blueberry muffins (DF PB NF) | \$3.00 |
| Banana bread (GF0) | \$4.50 |
| Choc mousse (DF NF PB GF) | \$2.50 |
| Watermelon tub | \$3.00 |
| Fruit tub | \$3.50 |
| Apple slinky | \$1.50 |
| Orange wedges | \$2.00 |
| Yoghurt (DFO) | \$3.00 |
| Yoghurt with berries (DFO) | \$5.00 |
| Yoghurt, granola^, berries (NFO DFO) | \$6.00 |
| Snack Box - Guac, veg sticks, salsa | \$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).

AVAILABLE EVERY DAY

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

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

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

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 \$8.00

SPINACH FETTA BITE \$5.00

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

PIZZA (Tues-Thurs only) \$6.00

MARGHERITA: nap sauce, pesto, cheese
VEGIE: tomato, capsicum, mushroom, red
onion, cheese
BBQ: MC BBQ sauce, cheese
(DFO NF GFO)

*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	\$4.00
Honey	\$3.00
Vegemite	\$3.00

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 house-made and
packaged frozen for your
convenience.

For **Dairy Free &
Gluten Free** options

PLEASE PREORDER

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/