



Macquarie College Canteen **Gluten Free Menu 2019**

SANDWICHES & ROLLS

Cheese	\$3.60
Tomato	\$3.60
Cheese & Tomato	\$4.20
Egg	\$3.00
Egg & Lettuce	\$4.50
Fried Egg (Toasted)	\$4.50
Honey	\$3.20
Vegemite	\$3.20
Salad	\$5.00
Salad & Cheese	\$5.50
Salad & Egg	\$5.50
Baked Beans	\$3.60
Creamed Corn	\$2.60
Toasted	\$0.50

HOT FOOD

Hash Brown	\$1.00
Soup (Terms 2 & 3 only)	\$4.50

PASTA

Small Pasta, Napolitana Sauce & Cheese	\$4.00
Large Pasta, Napolitana Sauce & Cheese	\$5.50

HOT POTATO CHIPS (Tuesdays Only)

Hot Chips (Tuesdays only)	\$3.50
Hot Chips & Gravy (Tuesdays only)	\$4.50

PIZZA

Cheese Pizza	\$5.00
Pineapple Pizza	\$5.50
Garlic Pizza	\$5.00
Olive Pizza	\$5.50
Mushroom & Fetta Pizza	\$6.50
Vegie Pizza	\$6.50
Pumpkin & Feta Pizza	\$7.00

WRAPS

Salad Wrap	\$6.30
(Lettuce, Tomato, Cucumber, Carrot, Beetroot)	
Cheese Salad	\$6.80
(Cheese, Lettuce, Tomato, Cucumber, Carrot, Beetroot)	
Mexican	\$7.30
(Toasted with Beans, Lettuce, Tomato, Cucumber, Sour Cream, Sweet Chilli Sauce)	
Caesar Salad	\$6.30
(Lettuce, Egg, Garlic Croutons, Grated Parmesan, Caesar Dressing)	

SALADS

Small Salad	\$4.00
(DF) (Lettuce, Tomato, Cucumber, Carrot, Beetroot)	
Large Salad	\$5.50
(DF) (Lettuce, Tomato, Cucumber, Carrot, Beetroot, Corn, Pineapple)	
Greek Salad	\$6.50
(Lettuce, Tomato, Cucumber, Spanish onion, Feta, Olives, Balsamic Dressing)	
Caesar Salad	\$6.50
(Lettuce, two Eggs, Parmesan Cheese, Caesar Dressing)	
Pumpkin or Sweet Potato	\$6.50
(Roasted pumpkin, Spanish onion, Rocket, Fetta, Pine nuts, and Balsamic Dressing)	

ADDED EXTRAS

(SALAD DRESSINGS/SAUCES/TOPPINGS)

Balsamic, Oregano & Olive Oil	\$0.50
Avocado	\$1.00
Egg	\$1.00
Cheese	\$1.00

FRUIT & SNACKS

Banana Bread	\$3.50
Banana Bread Toasted	\$4.00
Apples & Oranges	\$1.00
Apple Slinkied or Orange Cut	\$0.10
Carrot Sticks	\$0.50
Fruit Tub (Terms 1 & 4 only)	\$3.00

Watermelon Tub	\$2.00
Plain Yoghurt	\$1.80
Yoghurt with Berries	\$2.50
Jelly Mini / Small / Regular	\$0.20 / \$0.60 / \$1.20
Muffins	\$2.50
Hommus tub with Carrot & Celery	\$2.00

BEAN MIX HAYSTACKS with Corn chips (Or Baked Potato, please indicate in notes)

Classic Haystack	\$4.50
Corn Chips, Bean Mix, Cheese	
Mexican Haystack	\$5.00
Corn Chips, Bean Mix, Cheese, Sour Cream	
Small Works Haystack	\$5.50
Corn Chips, Bean Mix, Cheese, Sour Cream, Salad	
Works Haystack	\$6.50
Corn Chips, Bean Mix, Cheese, Sour Cream, Salad	

NACHOS with Corn chips

(Or Baked Potato, please indicate in notes)

Classic Nacho	\$4.00
Corn Chips, Salsa Sauce, Cheese	
Mexican Nacho	\$4.50
Corn Chips, Salsa Sauce, Cheese, Sour Cream	
Small Works Nacho	\$5.00
Corn Chips, Salsa Sauce, Cheese, Sour Cream, Salad	
Works Nacho	\$6.00
Corn Chips, Salsa Sauce, Cheese, Sour Cream, Salad	

CHIPS & POPCORN

Sea Salt Chips 27g	\$1.40
Sea Salt Chips 45g (\$5 Only)	\$2.30
Popcorn - Mini	\$0.20
Popcorn - Small	\$0.80
Popcorn - Large	\$1.60

WEEKLY SPECIALS

(See Facebook & Newsletter for Announcements)



All due care is taken in using and producing Gluten Free items for this Gluten Free menu. Please be aware that the school canteen uses facilities where wheat products are also used. If you are a Coeliac and/or highly sensitive please advise the Canteen Staff taking your order.

Create your new **Munch Monitor** account now! Enjoy the benefits of the online ordering and cashless point of sale system today!

