EMMANUEL CATHOLIC COLLEGE CANTEEN MENU

BREAKFAST 7.45AM TILL 8.45AM

Selection of Whole Fruit ......................................................... $1.50
Fresh Fruit Salad .................................................................... $3.50
Up and Go .............................................................................. $2.50
Hash Brown ........................................................................... $2.50
Bacon & Egg Wrap (with cheese and BBQ sauce) ................. $4.50

MORNING RECESS AND LUNCH

BURGERS
Steak & Salad (steak, salad & sauce) ................................... $5.00
Steak the Lot (steak, bacon, cheese, egg, beetroot, salad, mayo & sauce) ................... $6.00
Hamburger (beef patty, beetroot, salad & sauce) ...................... $5.00
Cheese Burger (beef patty, onion, cheese & sauce) ................. $4.50
Fish & Salad Burger (fillet of fish, salad & mayo) ................... $4.50
Chicken & Salad (crumbed chicken breast, salad, cheese & mayo) .... $5.00
Vegie Burger (Vegetable Patie, Salad, beetroot & sauce) .......... $4.50

(Salad Includes - Lettuce, Tomato, Cucumber, Spanish Onion and Carrot)

SANDWICHES
(Sandwiches Made With White, Wholemeal or Gluten Free Bread)
Salad .................................................................................. $3.00
Chicken ............................................................................. $3.50
Ham ................................................................................. $3.50
Tuna .................................................................................. $3.50
Cheese ............................................................................. $3.00
Egg & Mayo ....................................................................... $3.00
Add Salad .......................................................................... $1.00

(Salad Includes - Lettuce, Tomato, Cucumber, Spanish Onion and Carrot)

TOASTED FOCACCIA'S
1) Honey Ham, cucumber, Spanish onion, sundried tomato, cheese and chilli mayo .................................................. $5.50
2) Chicken, avocado, tomato, cheese, Spanish onion, cos lettuce and mustard relish .................................................. $5.50
3) Bacon, tomato, cheese, beetroot, onion jam and roasted capsicum ................................................................. $5.50

SALADS
Garden Salad (Lettuce, tomato, cucumber, Spanish onion, feta, carrot, olives, sundried tomatoes and dressing) .................. $5.50
Cesars Salad (Baby Cos teamed with garlic croutons, crispy bacon, egg, shaved cheese and cesar dressing) ....................... $6.00
with chicken ........................................................................ $7.00
Spicy Chicken Salad (Garden salad topped with grilled chicken strips and dressing) .................................................. $6.50

Monday & Wednesday
Spaghetti Bolognaise ................................................ small $4.50 large $6.00
Roast Chicken & Salad (garden salad served with 1/4 of cold roast chicken and dressing) ........................................ $7.00
Chicken Chilli Wrap (filled with crumbed chicken, lettuce, cheese & chilli mayo - served warm) .................................. $5.50
Mrs Macs Giant Sausage Roll ............................................... $3.00

Tuesday & Thursday
Sushi (5 pieces served with ginger, soy and wasabi) ................. $6.00
traditional Beef Pie (Mrs Mac's) ............................................ $3.50
Thai Chicken Curry (chicken breast cooked in our aromatic Red Thai Curry served with rice) ..................................... $6.00
Panini (French stick filled with ham, salami, cheese, tomato, cucumber, Spanish onion, sundried tomato and mustard relish) $5.50
Chicken Parmigiana Burger (crumbed chicken, ham, tomato, cheese & salad in a burger bun) ..................................... $5.00

Friday
Lasagna (homemade) ......................................................... small $4.50 large $6.00
Buffalo Chilli Chicken Wings (served with rice) ...................... $5.50
Beef Stroganoff (beef slowly cooked with mushrooms, paprika and served with rice) ................................................ $6.00
American Hot Dog (fresh bun filled with BBQ sausage, bacon, onion, cheese, mustard and tomato sauce) ............... $4.50

PLEASE ASK THE CANTEEN STAFF FOR DAILY SPECIALS!

DRINKS
Flavoured Milk; Mocha, Choc, Strawberry and Spearmint
600ml .......................................................... $4.00
300ml ............................................................. $2.50
Dare; Mocha 500ml .................................................. $4.00
Berrie Juice 350ml ......................................................... $3.00
Orange, Multi-V, Apple & Pineapple .................................... $3.00
Just Juice Box (Tropical, Orange, Apple & Blackcurrant) ........ $1.50
Lipton Tea (Mango, Peach & Raspberry) .............................. $4.00
LOL (Tropical, Mango, Raspberry & Blackcurrant) ............. $2.50
Up & Go Bannana, Vanilla & Chocolate) .......................... $2.50
Kyneton Mineral Water 600ml ......................................... $4.00
Kyneton Mineral Water 300ml .......................................... $2.50
600ml Water .................................................................. $2.00

TO ENSURE PROMPT SERVICE AND AVOID QUEING PLEASE ENSURE ALL ORDERS ARE IN BY 8.45AM