

# 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 .....	\$0.50
Bacon & Egg Burger (bacon, egg & tomato sauce) .....	\$4.00
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 pattie, cheese, salad, beetroot & sauce) .....	\$5.00
Cheese Burger (beef pattie, double cheese & special sauce) .....	\$4.50
Fish & Salad Burger (fillet of fish, salad & mayo) .....	\$4.50
Chicken & Salad (crumbed chicken breast, salad, cheese & mayo) .....	\$5.00
Veggie 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)

Gluten free bread \$1.00 extra

### TOASTED SANDWICHES

(Made With White, Wholemeal or Gluten Free Bread)

1 Filling .....	\$3.50
2 Filling .....	\$4.00
3 Filling .....	\$4.50

Choose from; Ham, Chicken, Cheese, Roasted Capsicum, Sundried Tomato, Avocado and Tomato. **Gluten free bread \$1.00 extra**

### TOASTED FOCACCIA'S

1) Honey Ham, tomato, roasted capsicum, spanish onion, cheese and chilli mayo .....	\$5.50
2) Crumbed chicken tenders, double cheese, lettuce and sweet chilli sauce .....	\$5.50
3) Bacon, ham, grilled chicken, cheese, beetroot, onion jam and roasted BBQ sauce .....	\$5.50

### SALADS

Garden Salad (Lettuce, tomato, cucumber, spanish onion, fetta, carrot, olives, sundried tomatoes and dressing) .....	\$5.50
Cesar Salad (Baby Coz teamed with garlic croutons, crispy bacon, egg, shaved cheese and ceasar dressing) .....	\$6.00
with chicken .....	\$7.00
Spicy Chicken Salad (Garden salad topped with grilled chicken strips and dressing) .....	\$6.50

### Monday & Wednesday

Spaghetti Bolognese .....	small \$4.50 large \$6.00
Hot Roast Beef Roll (filled with beef and gravy) .....	\$4.00
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 (Mr's Mac's) .....	\$3.50
Thai Chicken Curry (chicken breast cooked in our aromatic Red Thai Curry served with rice) .....	\$6.00
Shepherd's Pie (Beef mince & vegetables, slowly cooked in gravy and topped with mash and cheese) .....	small \$4.50 large \$6.00
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 Wings (served on rice with special BBQ sauce) .....	small \$4.00 large \$5.50
American Hot Dog (fresh bun filled with BBQ sausage, bacon, onion, cheese, mustard and tomato sauce) .....	\$6.00 \$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 .....	
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



God is with us

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