



# YEARS 7-12 & SPECIALIST MENU



## COLD FOOD

### RAINBOW SALAD

4.5

Colourful lines of Iceberg lettuce, corn, egg, carrot, cucumber, capsicum, tomato and avocado dressing (V/GF/DF)

- Add roast chicken \$1 or ham \$1

### SALAD ROLL

4

Wholemeal bun with shredded lettuce, avocado, carrot, capsicum, cucumber, tomato, and mayonnaise (V/DF)

- Add roast chicken \$1 or ham \$1

### PLOUGHMAN'S GRAZING BOX

4.5

Ham, salsa dip, carrot, cucumber, cheese and corn chips (GF)

### FRUIT SALAD

3.5

Watermelon, pineapple, rockmelon, mango, grapes (GF/DF/V)

### BERRY YOGHURT MUESLI SWIRL

3

House toasted muesli with oats, pumpkin seeds, sunflower seeds, cinnamon and honey, layered with berry yoghurt (Nutfree/V)

## HOT FOOD

### COTTAGE PIE

4

Slow cooked beef and vegetables with mashed potato and cheese (GF)

- Add tomato sauce \$0.50

### BUTTER CHICKEN & RICE

5

Fragrant and mild spiced creamy butter chicken and rice with Greek yoghurt (GF)

### GRILLED BEEF BURGER

5

with lettuce, cheese, tomato, caramelised onion and tomato sauce in a wholemeal roll

### CHICKEN BURGER

5

with lettuce, cheese, tomato, and mayonnaise in a wholemeal roll

### FRIED RICE

3.5

with a selection of vegetables and egg, stir-fried in a savoury sesame and soy sauce (GF/DF/V)

- Add chicken \$1

### TOASTED FOCACCIA

5

Chicken, avocado, cheese, and mayonnaise

### TOASTIES

2.5

With your choice of...

- Chicken add \$1

- Ham add \$1

- Cheese add \$0.50

- Tomato add \$0.50

### BANANA CINNAMON PIKELETS

3

with maple bananas (GF/DF/V)

## DRINKS

### BOTTLED WATER

1.5

600ml

### FLAVOURED MILK

2.5

Chocolate or Strawberry 250ml

### FRUIT JUICE

2

Apple, Orange or Apple and Blackcurrent 200ml

### FRESH FRUIT SMOOTHIE

3

Selection of berries, melon and tropical fruits with yoghurt and honey

V = VEGETARIAN | GF = GLUTEN FREE | DF = DAIRY FREE

If ordering via the QKR app, please place order by 8.30am