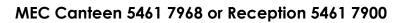


MECafé 2022

P-6





Orders must be placed on QKR before 8.30am to ensure order is processed

If you have any special dietary requirements or would like to discuss the menu, please call us Please note full menu options and specials are on QKR on **5461 7968**

SNACKS		Salad in Sandwiches, Rolls and Wraps is Lettuce, Carrot,	
Apple Slinky	\$1.00	Capsicum, Cucumber, Tomato, and dry Coleslaw with a scrape of mayonnaise. Sliced cheese on rolls and sandwiches only	
Piece of seasonal fruit	\$1.00		
Fresh Fruit Salad	\$3.00		
Fresh Fruit Salad & Yoghurt	\$3.50	SANDWICHES – Multigrain Bread	
Tub of yoghurt 175g Vanilla	\$2.50	Gluten free bread	Add \$0.50
Vegetable sticks & dip Hommus /Greek Yoghurt	\$3.00	Chicken, cheese & Avocado	\$3.50
Large Yoghurt Muesli Swirl Cup – nut free	\$3.70	Chicken & Salad	\$4.00
Small Yoghurt Muesli Swirl Cup – nut free	\$2.00	Deluxe Salad	\$4.00
HOT FOOD		Ham & Salad	\$4.00
Soup of the day	\$3.50	Egg & Lettuce	\$3.40
with dinner roll	add.\$0.50	Chicken Cheese Lettuce & Mayo	\$3.90
Pasta Bolognese	\$3.00	Ham & Cheese	\$3.30
Pasta Napoli – vegetarian/vegan	\$3.00	Ham, Cheese & Tomato	\$3.40
Baked Potato served with Cheese (GF)	\$3.00	Vegemite	\$2.80
Baked Potato served with Ham & Cheese	\$3.40	WRAPS - Tortilla	
with Crunchy Coleslaw	add.\$0.50	Deluxe Salad	\$3.50
with Greek Yoghurt	add.\$0.50	Chicken & Salad	\$3.50
with Baked Beans	add.\$0.50	Shaved Ham & Salad	\$3.50
Fried Rice	\$3.00	Full Wraps	
Fried Rice Gluten Free	\$3.00	Chicken Avocado Salad	\$4.00
Fried Rice Vegetarian/Vegan	\$3.00	Deluxe Avocado Salad	\$4.00
Nachos with Salsa & Cheese (GF)	\$3.50	ROLLS - Wholemeal	
Nachos with Cheese only (GF)	\$3.00	Chicken & Salad	\$4.50
Nachos with Salsa only (GF)	\$3.50	Deluxe Salad	\$4.50
with Sour Cream	add \$0.50	Shaved Ham & Salad	\$4.50
Pizza pita wraps – Ham, Cheese, Pineapple	\$5.20	DRINKS	
Pizza pita wraps – No pineapple	\$5.00	Bottled Water	\$1.00
Small Pizza wraps – No pineapple	\$4.00	Small Plain Milk (low fat) 200ml	\$2.40
TOASTIES – Multigrain Bread		School Smart Big M 250ml Chocolate	\$2.50
Ham & Cheese	\$3.20	School Smart Big M 250ml Strawberry	\$2.50
Double Cheese	\$3.00	Small Fruit Juice 200ml	\$2.00
Ham, Cheese & Tomato	\$3.40	Orange, Apple, Apple Blackcurrant	
Chicken & Cheese	\$3.50	FRESHLY MADE Fruit Smoothie	\$3.00
MEAL DEALS-	\$5.00	MONDAY WEDNESDAY FRIDAY FOOD	S
#1 Assorted Toastie, Small Plain Yoghurt, Small Fruit Juice		Cheesy Mac with Vegetables	\$3.00
#2 Baked Potato with cheese piece of fruit, small milk		Tuna bake with Vegetables	\$3.00
#3 Fried Rice, Piece of Fruit, Small milk		FRIDAY ONLY FOODS	
HALF TOASTED FOCACCIA	\$3.80	Good Eating Party Pie	\$1.50
Ham Tasty Cheese		Tomato sauce	\$0.20
Ham Tasty Cheese Tomato		CHECK QKR FOR DAILY SPECIALS	
Chicken Salsa Tasty Cheese			