



# 2022

# MECafé

# P-6

MEC Canteen 5461 7968 or Reception 5461 7900



**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 on **5461 7968**

Please note full menu options and specials are on QKR

| SNACKS  |            | Salad in Sandwiches, Rolls and Wraps is Lettuce, Carrot, Capsicum, Cucumber, Tomato, and dry Coleslaw with a scrape of mayonnaise. <b>Sliced cheese on rolls and sandwiches only</b> |            |
|---|------------|--|------------|
| Apple Slinky  | \$1.00     |  |            |
| 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-   |            | MONDAY WEDNESDAY FRIDAY FOODS  |            |
| #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                                       |            | Good Eating Party Pie  | \$1.50     |
| Ham Tasty Cheese  | \$3.80     | Tomato sauce   | \$0.20     |
| Ham Tasty Cheese Tomato                                     |            | CHECK QKR FOR DAILY SPECIALS   |            |
| Chicken Salsa Tasty Cheese                                  |            |  |            |