



2022

MECafé

7-12



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

SNACKS		SANDWICHES – Multigrain Bread	
Apple Slinky	\$1.00	Salad in Sandwiches, Rolls and Wraps is – Lettuce, Red Capsicum, Green Capsicum, Carrot, Cucumber, Tomato, and dry Coleslaw with a scrape of mayonnaise. Slice of cheese on rolls and sandwiches	
Piece of seasonal fruit	\$1.00		
Fresh Fruit Salad	\$3.00		
Fresh Fruit Salad & Yoghurt	\$3.50		
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
	<i>With dinner roll</i> 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
Tuna Bake with Vegetables	\$3.00	Vegemite	\$2.80
Cheesy Macaroni with Vegetables	\$3.00	FOCACCIAS – FRESHLY TOASTED	
Baked Potato served with Cheese (GF)	\$3.00	Chicken, Tasty Cheese, Mayo	\$5.20
Baked Potato served with Ham & Cheese	\$3.40	Ham, Tasty Cheese, Tomato	\$5.20
	<i>With Crunchy Coleslaw</i> add. \$0.50	Chicken, Salsa, Tasty Cheese	\$5.20
	<i>with Greek Yoghurt</i> add. \$0.50	Ham, Pineapple, Tasty Cheese	\$5.20
	<i>with Baked Beans</i> add. \$0.50	Vegetarian	\$5.50
Fried Rice,	\$3.00	WRAPS – Tortilla	
Fried Rice – Gluten Free	\$3.00	Deluxe Salad	\$3.50
Fried Rice – Vegetarian/Vegan	\$3.00	Chicken & Salad	\$3.50
Vegetarian Lasagne	\$5.20	Shaved Ham & Salad	\$3.50
Beef lasagne	\$5.20	Shaved Ham & Salad	\$3.50
Nachos with Salsa & Cheese (GF)	\$3.50	Full Wraps	
Nachos with Cheese only (GF)	\$3.00	Chicken Avocado Salad	\$4.00
Nachos with Salsa only (GF)	\$3.50	Deluxe Avocado Salad	\$4.00
	<i>with Sour Cream</i> add \$0.50	ROLLS - Wholemeal	
Pizza pita wraps– Ham, Cheese, pineapple	\$5.20	Chicken & Salad	\$4.50
Pizza pita wraps – No pineapple	\$5.00	Deluxe Salad	\$4.50
BBQ Chicken Pitta Wrap	\$5.20	Shaved Ham & Salad	\$4.50
TOASTIES – Multigrain Bread		DRINKS	
Ham & Cheese	\$3.20	Bottled water	\$1.00
Double Cheese	\$3.00	Small Plain Milk (low fat) 200ml	\$2.40
Ham, Cheese & Tomato	\$3.50	School Smart Big M 250ml Chocolate	\$2.50
Chicken & Cheese	\$3.50	School Smart Big M 250ml Strawberry	\$2.50
MEAL DEALS	\$5.00	Big M 300ml Chocolate	\$3.00
#1 Assorted Toastie, Small Plain Yoghurt, Small Fruit Juice		Big M 300ml Strawberry	\$3.00
#2 Baked Potato with cheese piece of fruit, small milk		Small Fruit Juice 200ml	\$2.00
#3 Fried Rice, Piece of Fruit, Small milk		Orange, Apple, Apple Blackcurrant	
MUST BE ORDERED BEFORE 8.30AM unless QKR		Large Fruit Juice 300ml	\$3.00
Chicken Burger	\$5.20	Orange, Apple, Apple Blackcurrant	
Beef Burger	\$5.20		
Chicken Burrito	\$5.20		
Hot Chicken Roll – Aioli/Mayo, Spinach,	\$4.20		
Veggie burger - vegan	\$5.20		
FRESHLY MADE Fruit Smoothie	\$3.00		
		CHECK QKR FOR DAILY SPECIALS	

