



2021

MECafé

7-12



If you have any special dietary requirements or you would like to discuss the menu, please call us any time **MEC Canteen 5461 7968 or Reception 5461 7900**

Please place your order through Qkr! App before 8.45am to ensure your order will be processed

All special orders must be placed before 9:00am

SNACKS		SANDWICHES – Soy & Linseed	
Piece of seasonal fruit	\$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	
Apple Slinky	\$1.00		
Tub of yoghurt 175g Vanilla or Strawberry	\$2.30		
Vegetable sticks & dip includes either Hommus or Tzatziki Greek Yoghurt	\$2.90		
Fresh Fruit Salad	\$2.90	Gluten free bread	Add \$0.60
Fresh Fruit Salad & yoghurt	\$3.30	Chicken, cheese & Avocado	\$3.40
Yoghurt Muesli Swirl Cup	\$3.60	Chicken & Salad	\$3.90
HOT FOOD		Deluxe Salad	\$3.90
Soup of the day	\$3.40	Egg & Lettuce	\$3.30
<i>With dinner roll</i>	add \$0.50	Chicken Cheese Lettuce & Mayo	\$3.80
Pasta Bolognese	\$2.90	Ham & Cheese	\$3.00
Tuna Bake with Vegetables	\$2.90	Ham, Cheese & Tomato	\$3.30
Cheesy Macaroni with Vegetables	\$2.90	WRAPS – Tortilla	\$3.20
Baked Potato served with Cheese (GF)	\$3.00	Gluten free wrap	add \$0.70
Baked Potato served with Ham & Cheese	\$3.30	Deluxe Salad	\$3.30
<i>With Crunchy Coleslaw</i>	add \$0.50	Chicken & Salad	\$3.30
<i>with Greek Yoghurt</i>	add \$0.50	Chicken, Avocado & Salad	\$3.40
<i>with Baked Beans</i>	add \$0.50	Shaved Ham & Salad	\$3.30
Fried Rice, (GF & Vegetarian available)	\$2.90	ROLLS – Wholemeal	\$4.40
Vegetarian Lasagne	\$5.00	Chicken & Salad	\$4.40
Beef lasagne	\$5.00	Deluxe Salad	\$4.40
Nachos with Salsa & Cheese (GF)	\$3.40	Egg & Lettuce	\$4.20
<i>with Sour Cream</i>	add \$0.50	Shaved Ham & Salad	\$4.40
BBQ Chicken Pita Wrap	\$5.00	DRINKS	
Pizza Pitta Wraps Ham, Cheese, Pineapple No Pineapple option also available	\$5.00	Bottled water	\$1.00
TOASTIES – Multigrain Bread		Small Big M 250ml	
Ham & Cheese	\$3.00	Chocolate or Strawberry	\$2.50
Ham, Cheese & Tomato	\$3.30	Big M 300ml	
Chicken & Cheese	\$3.40	Chocolate or Strawberry	\$2.90
Double Cheese	\$2.90	Small plain milk (low fat)	\$2.30
MUST ORDER before 9:00am			
FRESHLY MADE Assorted Fruit Smoothie	\$3.00	Sunraysia Organic Fruit Juices Pouches 200ml	
Chicken or Beef Burger	\$5.00	Apple Blackcurrant, Apple, Orange	\$2.30
Chicken Burrito	\$5.00	Small fruit juice – 200ml	\$1.90
Hot Chicken Roll – Aioli/Mayo, Spinach,	\$4.00	Large fruit juice – 250ml	\$2.90
Veggie burger	\$5.00	MEAL DEALS	\$5.00
Deluxe Salad of the day small	\$3.80	#1 Soup of the day, Dinner Roll, Small plain Yoghurt, Water	
large	\$4.80	#2 Assorted Toastie, Small Plain Yoghurt, Small Fruit Juice	
Add Chicken \$1.00		#3 Baked Potato with cheese piece of fruit, small milk	
Add Ham	\$0.50	#4 Fried Rice, Piece of Fruit, Small milk	