



TERM 1 - 2026 WHOLE SCHOOL CANTEEN MENU



COLD FOOD

LUNCH BOX

cheese sandwich, berry yoghurt, fresh baked choc chip cookie and juice (orange or apple) (V)
- Add roast chicken or ham \$1.50

9

MEC HOUSE SALAD

with lettuce, tomato, cucumbers, capsicum, red onion, carrot and venegarette (V/Vegan/DF/GF)
- Add roast chicken \$1.50
- Add bacon \$1
- Add egg \$1

6

SALAD ROLL

wholemeal bun with shredded lettuce, capsicum, cucumber, carrot, avocado, tomato, red onion and mayonnaise (V/DF)
- Add roast chicken or ham \$1.50
- Add cheese \$1

5

SNACK BOX

corn chips, salsa, tasty cheese, ham, cucumber and carrot sticks (GF)

5

FRUIT SALAD

mix of seasonal fruit (V/Vegan/DF/GF)

4

NATURAL YOGHURT

with mixed berry swirl (V)

3

HOUSE MADE MUESLI

with yoghurt and mixed berry swirl (V)

3

SUSHI - WEDNESDAY ONLY

2 rolls, house made fresh (GF/DF)

7

- Teriyaki chicken, cucumber and mayonnaise
- Carrot, cucumber, avocado and capsicum (V/Vegan)
- Mixed maki rolls of the above flavours topped with mayo, pickled ginger, crispy onions and sesame seeds

POKE BOWL RICE NOODLE SALAD

in a ginger and coriander dressing, edamame beans, pickled red onion, sesame cucumbers, tomato, coriander leaves, pickled ginger, crispy fried onions and sesame seeds, and avocado (V/Vegan/GF/DF)
- Add roast chicken or ham \$1.50

7

HOT FOOD

CHICKEN BURGER

house southern spice battered thigh fillet with tasty cheese, lettuce and mayonnaise on a burger bun

6

LASAGNE

house made rich Bolognese layered between lasagne sheets and creamy bechamel sauce topped with cheese

5

CREAMY CARBONARA

bacon penne pasta with parmesan cheese

small 4

large 6

BUTTER CHICKEN & RICE

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

small 5

large 7

LOADED BAKED POTATO (GF)

Traditional - cheese, bacon, sour cream & coleslaw
Vegetarian - house chilli, sauteed bean and cheese
(Vegan on request)
Bolognese - with cheese

6

SAMOSA CURRY

vegetable samosa, spinach and coconut milk curry with steamed rice
(V/Vegan/DF)

small 5

large 7

TOASTED TURKISH ROLLS

- Chicken, mayonnaise, cheese, spinach and avocado
- Beef, mustard, red onion, cheese, spinach
- Sauteed capsicum, mustard, red onion, tomato, spinach, cheese (V) (Vegan on request)

half 4

full 8

TOASTIES - WHOLEMEAL BREAD

With your choice of...

- Chicken or ham \$1.50
- Cheese add \$1
- Tomato add \$1
- Gluten Free Bread add \$1.5
- Vegan/Dairy Free Cheese add \$1.5

2.5

DRINKS

BOTTLED WATER 600ML

1.5

FLAVOURED MILK 250ML

Chocolate or Strawberry

3

FRUIT JUICE 250ML

Apple, Orange or Apple and Blackcurrant

3

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

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