### Dromana College Canteen Menu

**Canteen Meal of the Day - Semester 1/2016**

**Mon-Tortellini (Beef/veg); Tues-Butter Chicken&rice; Wed-Tuscan Meatballs & Rice; Thurs-Bolognese/Veg Pasta; Fri-Fried Rice (prices for meal of the day range from $2.50 - $4.50)**

Orders for Recess are welcomed but *must* be made before school and labeled 'Recess'. Orders for Lunchtime must be made by 12.00pm to ensure you receive your desired choice.

### BREAKFAST & SNACKS
- **Crumpets** (2) $2.50
- **Cafe Style** (extra thick) Raisin Toast (2) $2.50
- **Fruit** - by the piece - Fresh or Frozen (seasonal) $2.00
- **Fruit Salad** - Fresh or Frozen (seasonal) $2.00
- **Grilled Mustard** $1.50 with jam/nutella
- **Egg & Bacon** Roll $4.20
- **Egg, Bacon & cheese toasted wrap** $4.50
- **Cereal** Bowl with milk (*Porridge/nutrigrain/sultana Bran etc) $2.00
- **Deli Yogurt** plain sm $2.00 lg $3.00
- **Up&Go Nutritional milk drink** (Choc/strawberry) sm $1.50 lg $2.50
- **Vegetarian Slice/Frittata** $3.00
- **Nori Rolls** (chicken, tuna, california & vegetable wraps) $3.00
- **milk** $1.00
- **Chocolate mousse** sm $1.00 lg $1.50
- **Dip & Bic Pack** (dip, carrot/stick, rice crackers) $3.00
- **Popcorn** $0.80
- **corn on the cob** $1.00

### SANDWICHES & ROLLS
- **Sandwiches**: wholemeal, multi-grain or white $3.00
- **Rolls**: wholemeal, multi-grain or white rolls $3.50
- **toasted options, spreads (mayo/mustard etc.)** N.C.
- **Fillings**:
  - salad items (tomato, lettuce, carrot, cucumber, onion, capsicum) each $0.30
  - full salad (all salad items) $1.00
  - cheese - tasty or cheddar $0.50
  - deli meats - ham, salami, silverside, tuna, egg each $0.80
  - chicken (fresh breast cooked daily); turkey $1.00
  - avocado $0.80
- **Examples: Or make up your own!**
  - w'chick roll $3.80
  - chicken, lettuce and mayo $4.00
  - chicken and avocado $4.80
  - ham, cheese & tomato $4.50
  - full salad $4.50
  - ham, cheese and full salad $5.50
  - chicken, avocado and full salad $6.30
  - chicken, lettuce, and mayo $4.30
  - chicken and avocado $4.50

### FOCACCIAS & TURKISH ROLLS
- **Examples: Or make up your own from sandwich fillings**
- **Tandoori**
  - Chicken, red cap, spin, tandoori dressing (cucumber, carrot & iceberg in wrap)
- **Calabrese**
  - Mild Salami, Red Capsicum, Onion, Tomato, Olives, baby spinach and Cheese.
- **Wollongong**
  - Roast Beef, Seeded Mustard, tomato, tasty cheese, baby spinach
- **Vegetarian**
  - Avocado, Cap, Onion, S/D/Tomato, cheese & spinach (cucumber, carrot & iceberg in wrap)
  - **Foccacia** (+50c for Avocado) reg $5.00 large $6.50
  - **Schnitzel Foccacia** reg $5.00 large $6.50
  - **Hawaiian Pocket** (Ham/cheese/pineapple/spinach in toasted tortilla wrap) $5.00

### DRINKS/BEVERAGES/ICE-CONFECTION
- **Fruit Smoothie (Low Fat Milk)** $4.00
- **99% Fruit Slushy**
  - baby $1.00 small $2.00 large $3.00
- **water**
  - 350ml $1.00
  - 600ml $1.50
- **Smart Water** $2.00
- **Miozene** $3.50
- **Juice Varieties**
  - Berri (apricot) $110ml $0.80
  - Golden Circle varieties $350ml $2.50
  - Just Juice Varieties $200ml $1.50
  - Berri Juice varieties $350ml $2.50
- **Milk (plain)**
  - cup $1.00
  - 300ml $1.50
  - 600ml $2.00
- **Big M** (flavoured)
  - 300ml $2.50
  - 600ml $3.75
- **Diet Soft Drink**
  - 375ml $2.50
  - 600ml $3.50
- **Milk Shake** (LF ice-cream) (Cho/cara/SB/BH)
  - Hot Chocolate reg. $2.00 large $2.50
  - Chai Latte reg. $3.00 small $2.50
  - Cold Mio reg. $2.00
  - **ice-variety puddings** from $1.00

### WRAPS & PANINI POCKETS
- **Wrap** (choice of filling in a tortilla wrap) (+50c Avocado) half $4.00 full $7.00
- **Toasted Panini Pocket** (choice of filling in a toasted tortilla wrap +50c Avocado) $4.50
- **Parma Pocket** (%Schnitzel/Napoli)cheese/spinach in toasted tortilla wrap $4.50
- **Mexi Pocket** (Minimeat/salad/cheese/spinach/credit in toasted tortilla wrap) $4.50
- **Hawaiian Pocket** (Ham/cheese/pineapple/spinach in toasted tortilla wrap) $5.00

### SALADS****
- **GardenSalad bowl** reg. $3.50 large $5.00
  - *inc. (c/elecy/cucumber/carrot/tom.lettuce/capsicum/and/or salad dressing +50c avocado)
  - Garden Salad + deli Meat or Egg $5.80
  - Garden Salad + chicken $6.00
  - Fruit Salad small $2.00 large $3.50

### HOT FOOD
- **Pies & Pastries (Education approved range)**
  - Aussie Schools 4 'n 20 $1.00
  - Mrs Mac Good Eating Range $3.80
  - Good Eating Beef Pie (200g) $2.00
  - Good Eating Mini Pie (120 g) $2.00
  - Good Eating Snack Pie (50 g) $1.00
  - Vegetable Paste $3.80
  - Pies Gourmet varieties $4.00
  - Sausage Rolls - 4 'n 20Mrs Mac $2.50
  - Spinach & Ricotta Roll (Mrs Mac) $3.00
  - **Schnitzels**
  - chicken schnitzel roll (lettuce & mayo) half $4.00 full $5.50
  - chicken schnitzel focaccia reg $5.00 large $6.50
  - **Burgers (extra items charged by item eg. Cheese = + 50c)** from $4.50
  - **Tasty Treats**
    - Fisherman's Roll (oven baked fish filet, tartare/mayo & lettuce on long roll) $4.50
    - hot roast beef/chicken & gravy roll $5.00
    - sweet chilli wrap half $4.00 full $7.00
    - sweet chilli roll (2 tender, lettuce; chicken; tomato; s.s.c.in long roll) $6.00
    - souvlaki - chicken (includes tomato, lettuce & yoghurt dressing) $5.00
    - nachos (corn chips/salsa/cheese) $3.50
    - pizza slice (mediterranean/garden veg./hawaiian/margherita) $3.00
    - Pizza Roundas $3.00
    - hot dog (inc. sauce) $3.00
    - potato wedges (bucket) $3.00
  - **steamed dim sims** $0.80
  - sweet chilli tendrils $1.50
  - mini dim sims/bash brown $0.50
  - nuggets (staycres/puff/bread) $0.50
  - *inc.(celery/cucumber/carrot/tom./lettuce/capsicum/onion/salad dressing +50c avocado)
  - *inc.(extra cheddar) (choice of filling in a toasted tortilla wrap + 50c Avo)

### This menu contains only a selection of the items available at the canteen and is subject to change without notice.

**N.Y.A.** = Not Yet Available  **N.C.** = No Charge

G = GREEN FOOD OPTION (eat everyday)  **A** = AMBER FOOD OPTION (choose carefully)