

BREAKFAST

Toasted Sandwiches

Bread available: White & Wholemeal

Cheese	\$4.50
Ham & Cheese	\$5.00
Ham, Cheese & Tomato	\$6.00

Healthy Snacks

Smashed Avocado	\$9.00
Ciabatta toast w/ cherry tomatoes & feta	
Watermelon Bowl	\$6.00
Fresh Fruit Salad	\$6.00
Yoghurt w/ Berries	\$5.50
Yoghurt w/ Granola & Fruit	\$5.50
Acai Bowl w/ Seasonal Fruit	\$9.00
Fruit – Available Daily	\$2.00

Breakfast Snacks

Vegemite Toast	\$3.50
Banana Bread	\$5.00
Muffins	\$5.50

Meal Deals

Egg & Bacon Roll or Wrap w/ Flavoured Milk	\$8.50
Toasted Banana Bread w/ Flavoured Milk	\$8.00

Hot Food

Egg & Bacon Roll or Wrap	\$5.50
Hash Brown	\$2.50
Zaatar	\$4.50
Zaatar w/ Cheese	\$5.00
Ham & Cheese Croissant	\$6.50

RECESS & LUNCH

Sandwiches

Bread available: White & Wholemeal

Grilled Chicken \$6.50

Grilled chicken, avocado, lettuce & Tomato

Cheese & Tomato \$5.00

Smoked Ham \$6.00

Ham, cheese & tomato

Chicken & Tabouli \$6.00

Grilled chicken, hommus & tabouli

Salad \$6.00

Lettuce, tomato, cucumber, beetroot, onion & carrot

Egg \$4.50

Egg, lettuce & mayo

Hot Food

Zaatar \$4.50

Zaatar w/ Cheese \$5.00

Lean Beef Pie \$5.80

Lean Sausage Roll \$5.20

Spinach & Ricotta Roll \$6.00

Garlic Bread \$3.00

Special Fried Rice S \$6.00 / L \$7.00

Butter Chicken w/ Rice S \$7.00 / L \$8.00

Oven Baked Wedges S \$5.50 / L \$6.50

Chicken Skewers w/ Salad \$9.00

Wrap Bar

Single: \$5.50 Double: 7.50

Sweet Chilli Chicken

Chicken, salad & cheese

Falafel

Falafel, hommus, tabouli & lettuce

Chicken & Tabouli

Grilled chicken, tabouli, hommus, tomato & lettuce

Chicken Caesar

Grilled chicken, bacon, cheese & caesar dressing

Turkish Bar

\$3.00

Chicken & Tabouli – Cold

Hommus & tabouli

Sweet Chilli Chicken – Cold

Tomato, lettuce, cheese & mayo

Chicken Delight – Hot

Sun-dried tomato, pesto, roast capsicum & cheese

Mediterranean Delight – Hot

Eggplant, sun-dried tomato, roast capsicum & feta

Caesar Delight – Hot

Bacon, cheese & caesar dressing

RECESS & LUNCH

Burgers

Portuguese Burger \$7.00

Lettuce & peri peri sauce

Chicken Burger \$6.50

Lettuce & mayo

Cheese Burger \$7.00

Tomato, cheese & tomato sauce

Chicken Caesar Burger \$7.00

Cos lettuce, bacon & caesar dressing

**Build Your Own Burger –
pre order only**

3 fillings \$7.00

4 fillings \$7.50

5 fillings \$8.00

Choice of protein: grilled chicken, chicken schnitzel, fresh beef patty

Choice of fillings: lettuce, tomato, avocado, beetroot, onion, cheese

Sauce: caesar dressing, mayo, peri peri, tomato, bbq

Home-Made Pizza

Margherita \$6.00

Hawaiian \$6.50

BBQ Chicken \$7.00

Snacks

Ham & Cheese Croissant \$6.50

Banana Bread \$5.00

Muffins \$5.50

Watermelon Bowl \$6.00

Fresh Fruit Salad \$6.00

Yoghurt w/ Berries \$5.50

Yoghurt w/ Museli \$5.50

Acai Bowl w. Seasonal Fruit \$9.00

Fruit – Available Daily \$2.00

Salads

Greek Salad S \$6.50 / L \$7.50

Tomato, cucumber, onion, capsicum, olives & feta

Chicken Pasta Salad S \$6.50 / L \$7.50

Carrot, onion, capsicum, parsley & mayo

Chicken Caesar Salad S \$6.50 / L \$7.50

Cos lettuce, bacon, croutons & caesar dressing

Eastern Delight Salad S \$7.00 / L \$8.00

Tabouli, hummus, crunchy pita bread w/ chicken or falafel

Thai Noodle Salad S \$7.00 / L \$8.00

Grilled chicken, vermicelli noodle, cucumber, capsicum & carrot

Pasta

Small: \$7.00 Large: 8.50

Gluten Free Extra \$1.50

Penne Boscaiola

Ham, mushroom & cream sauce

Spaghetti Bolognese W/ MeatBalls

Drinks

Water \$3.00

Juice – Apple/Orange \$5.00

Iced Tea \$5.00

Powerade / Gatorade \$5.50

Low Sugar Can Drinks \$3.50

Up & Go \$3.50

Flavoured Milk

Chocolate, Strawberry, Coffee **SML \$3.80**

Chocolate, Coffee **LRG \$5.50**

Our Lady of The Sacred Heart College

MEAL DEALS

Monday

Spinach and ricotta ravioli in red sauce & water

\$10.00

Tuesday

Nachos w/ avocado, tomato, black bean, cheese & water

\$9.50

Wednesday

BLAT burger w/ bacon lettuce avocado and tomato & water

\$9.50

Thursday

Mongolian beef w/ rice & water

\$10.00

Friday

Kebab w/ hummus, tabouli, tomato and tomato sauce

Meat: Chicken or lamb & water

\$12.00