

Roma Mitchell Secondary College Canteen Menu 2016 Term 4

1st Break Specials

Monday

egg & bacon muffin	3.40
chicken nuggets	3.40

Tuesday

pasta bolognaise	3.50
mini hot dog	2.20

Wednesday

pizza slab	3.50
chicken bites	3.40

Thursday

pasta & meatballs	3.50
chicken avocado lepinja melt	3.50

Friday

mini chicken wrap	2.60
chicken wedges	3.40

Drinks

mt franklin water 600ml	3.20
pump water 400ml	2.90
pump water 750ml	4.20
golden circle popper	2.00
big m milk	2.60
flavoured milk 375ml	3.20
flavoured milk 600ml	3.70
iced tea	3.50
up & go 250ml	2.00

*Green Choices eat everyday

*Other choices eat occasionally

2nd Break Specials

Monday

beef/veg lasagna	4.40
chicken wrap	4.40
pizza single	2.50

Tuesday

roast of the day	4.40
chicken tender roll	4.40
beef burrito	4.20

Wednesday

beef nachos	4.20
jacket potato	4.20
hot with cheese & sauce	3.60

Thursday

chicken yiros	4.40
mango chicken & rice	4.20
vegetable dim sims	2.00

Friday

baked fish & oven fries	4.20
wholemeal beef burger	4.40
chicken ceaser salad	4.00

Sometimes Treats

sesame snaps	1.00
red rock chips 45gm	1.20
noodle snack	1.20
jelly cup	1.30
choc mousse	2.00
homemade muffins	2.00
cake slice	2.20
quelch	0.80
ice cream square	0.80
icy pole	1.50
drumsticks	1.50
lifesaver	2.00
milo scoop	2.60

Healthy Choices

Everyday

Salads/ Snacks

fresh fruit	1.00
watermelon tubs	1.80
fruit salad	2.80
yoghurt tub	3.50
chicken caesar salad	3.80
ham salad	3.80
greek salad	3.80
quiche salad	3.80
cheese & crackers	2.50

Sandwiches

cheese	3.40
ham & cheese	3.50
ham, cheese, tomato	3.90
chicken salad & mayo	4.20
chicken avo lettuce	4.00

Rolls/ Wraps

curried egg & lettuce	4.00
roast beef tomato & ch	4.60
tuna lettuce mayo	4.60
ham cheese tomato	4.60
ham salad	4.90
ham salad	4.90
chicken mayo salad	4.90

Everyday Hot Selection

garlic bread	1.50
hot dog & sauce	3.40
hot dog, cheese & sce	3.60
rite bite pie	3.60
rite bite sausage roll	3.60
tomato mayo sw chilli s	0.30

