

# ALL SAINTS COLLEGE

## daily menu

### lunch specials.

monday	
chicken stir fry noodle with medley vegetables	6.0
spinach and ricotta pasta with tomato sugo and parmesan	5.0
tuesday	
mac n cheese with bacon	5.0
fried rice with sweet corn, pea and hot sauce	6.0
wednesday	
tacos with corn salsa, avocado, lettuce	6.0
pasta Bolognese with cheese	6.0
thursday	
coconut lamb curry with basmati rice	6.0
fried rice with carrot, corn, pea and sweet soy	5.0
friday	
fish and home cut wedges, with lemon	6.0
beef phad thai	6.0

### so hot.

vegetarian pastie	4.0
four 'n twenty lite pie	4.0
four 'n twenty lite sausage rolls	4.0
tomato sauce	0.3

### cool choices.

fresh fruit salad	4.0
watermelon cup	3.5
yoghurt pots with mixed berry compote	3.5
nut free granola, honey & yoghurt pots	3.5
seasonal fresh fruit piece	1.0
chocolate mousse pots	3.5
daily salads – vegetarian, from	4.0
daily salads with protein, from	5.5
Jelly cup	3.0
carrot, celery & cucumber stix & hummus dip	4.0

### treats.

homemade muffin of the day	3.0
Cookies – smiley face, anzac, choc chip	3.0
home-made slices, from	3.0
toasted banana bread with butter	3.5
fresh baked croissant	3.5
croissant with ham & cheese	4.5

### thirst quenchers.

mt franklin water, 600ml	3.0
pump water	4.0
mt franklin flavoured mineral water, 450ml	3.5
zico coconut water	4.0
powerade, 600ml	4.0
kerri fresh juice, 300ml	3.0
pauls full cream milk, 300ml	2.5
oak flavoured milk, 300ml	3.0
oak flavoured milk, 300ml	3.8
up and go, 350ml	4.0
fruit box tetra, 250ml	2.5

### icy treats.

frozen juice cups	1.5
icy pole	1.5
billabong	2.0
bullas vanilla cup	2.5
frosty fruits	2.5
bullas fro-yo	2.5
zooper dooper	1.0

### sandwiches rolls wraps

low gluten upon request. Available toasted	
smoked ham, cheese & tomato	5.0
tomato & cheese	4.0
super salad & cheese tomato, beetroot, cucumber, shredded carrot, cheese & lettuce	4.0
poached chicken, lettuce & mayo	5.0
falafel wrap with, tomato, tzatziki, cucumber & mixed leaves	4.5
roasted pumpkin, grilled zucchini, beetroot, baby spinach & crumbled feta turkish	4.5
roast beef, grain mustard, fresh tomato, caramelised onion & lettuce	5.0
ham, chicken or beef with salad and mayonnaise	5.0

### Sushi

chicken or tuna sushi (5 piece)	6.0
vegetarian sushi (5 piece)	5.0
chicken rice paper rolls (2 rolls)	6.0

### snacks

seasonal whole fruit	1.5
pretzels	2.5
grain waves	2.5
red rock deli	2.5