



Manor Lakes Secondary Canteen Menu 2020

Breakfast

- Egg & Bacon Muffin 4.0
- Ham & Cheese Toastie 3.5
- Ham, Cheese & Tomato Toastie 4.0
- Fresh Yoghurt 3.5 v
- Hash Brown (Oven Baked) 1.2v GF

Recess Selection

- Croissants from 4.0 v
- Toasted Bacon & Egg on Wholemeal Roll 4.0
- Cheese & Spinach Roll 4.0 v
- Assorted Dim Sims, Dumplings, Potato Snack from 1.0
- Sweet Chilli Chicken Wrap (Warm)/ BBQ Chicken Wrap 5.0
- Homemade Pizza Slice from 3.0
- Traveller Beef Pie (Salt Reduce) 3.8
- Nacho with Salsa, Sour Cream, Tasty Cheese 4.0 v GF
- Chicken Burger w Lettuce, Mayo 4.5
- Chicken Schnitzel Panini w Lettuce, Cheese & Mayo 5.0
- Veg Panini w Cos Lettuce, Tomato, Red Onion, Mayo 5.0 v
- Angus Beef Burger with Cheese, Tomato Sauce 4.5
- Hot Dog with Topping (optional) from 3.5
- Noddles Assorted Flavours 3.0
- Falafel Bites Vegan Gluten Free 3 for 3.2
- Potato Rosti Vegan Gluten Free 3 for 3.2

Lunch Selection

- Homemade Pasta of the Day 4.0s 5.0Lg with Water 10.0
- Stir Fry or Hokkien Noodle w beef/chicken 4.0s 5.0Lg
- Stir Fry Vegetarian Rice 4.0s 5.0Lg v
- Chana Dal (Chickpea Curry) v 4.0s 5.0Lg
- Vegetarian Quiche Slice 4.0 v
- Roast Beef Roll with Gravy 5.0
- Baked Potato with Sour Cream 4.0 v GF
- Homemade Soups (Term 2 & 3) 4.0 v GF
- Traveller Beef Pie (Salt Reduce) 3.7
- Chicken Burger w Lettuce, Mayo 4.5
- Chicken Schnitzel Panini w Lettuce, Cheese & Mayo 5.0
- Chicken Parma Panini w Napoli Sauce & Cheese 5.0
- Angus Beef Burger with Cheese, Tomato Sauce 4.5
- Assorted Dim Sims, Dumplings from 1.2
- Homemade Pizza Slice from 3.0 v
- Meatball Sub with Napoli Sauce & Cheese 4.0
- Veg Panini w Cos Lettuce, Tomato, Red Onion, Mayo 5.0 v

Sushi (Wednesday & Thursday) Term 1

2 Rolls from 6.0

Chicken Teriyaki, California, Tuna & Avocado.

Cold Deli Selection (Please see Canteen for Options)

- Fruit Salad with Yoghurt 4.5
- Garden Salad with Italian Dressing, Greek Salad, Taboli,
- Roast Veg Vegan & Cous Cous Roast Veg 5.0
- Yoghurt with Berries 4.5
- Jelly 1.5
- In Season Fruit From 1.0

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THE CANTEEN



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From The Bakery

- Assorted Gourmet Pies 4.5
- Sausage Roll 3.2
- Assorted Muffins 3.5
- Assorted Slices 3.5
- Vegetable Pastie 4.0 v
- Cheese & Vegemite Pinwheel 1.5
- Iced Donut from 3.0

Sandwiches

Made to order

Assorted Breads

- Salad w Lettuce, Tomato, Cucumber Red Onion 3.8 v
- Salad add Ham 4.3
- Salad add Chicken 4.5
- Salad add Cheese 4.3 v
- Egg & Lettuce 4.5 v
- Tuna with Tomato & Red Onion 4.5
- Chicken Lettuce & Mayo 4.3
- Chicken with Avocado & Cheese 4.5
- Ham Cheese & Tomato 3.8
- Cheese & Tomato 3.3 v

Add .5 for Rolls or Wraps

Add 1.0 for Focaccia

Gluten Free Available upon Request GF

Drinks

- 250ml Coke-no sugar, Sprite 2.0
- 390ml Coke no sugar, Sprite 3.5
- 500ml Ice Tea Varieties 4.0
- 750ml Pump Flavoured Water 4.0
- 600ml Water 2.5
- 250ml Mt Franklin Sparkling Water 2.5
- Up and Go Varieties 3.0
- 300ml Oak Milk Flavoured 3.0
- 250ml Oak Mini Shakes 3.0
- 500ml Ice Break 4.0
- 600ml Oak Milk Flavoured 4.0
- Harvey Fresh Juice Varieties from 3.5

Ice Creams

- Assorted Paddle Pops 2.0
- Mini Callippo 1.5
- Paddle Pop Thickshake 2.5
- Icy Twist 1.5
- Frozen Yoghurt 2.5

Snacks Options

- Popcorn 2.0
- Delites 1.0
- Red Rock Deli Chips 2.5
- Assorted Muffins 4.0, Assorted Slices 3.5

All chicken is Halal certified



VISA

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\$3.00 minimum