Manor Lakes Secondary College 2023



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) 1.5v *G*F

Recess Selection

Croissants from 4.0 v Toasted Bacon & Egg on Wholemeal Roll 4.0 Cheese & Spinach Roll 4.0 v orted Dim Sims, Dumplings, Potato Snack fro

Assorted Dim Sims, Dumplings, Potato Snack from 1.3

Sweet Chilli Chicken Wrap (Warm)/ BBQ Chicken Wrap 5.0

Homemade Pizza Slice from 3.0

Poof Pia (Salt Raduce) 4.5

Beef Pie (Salt Reduce) 4.5

Nacho with Salsa, Sour Cream, Tasty Cheese 4.0 v GF
Chicken Burger w Lettuce, Mayo 5.5

Chicken Schnitzel Sub w Lettuce, Cheese & Mayo 6.0

Veg Sub w Cos Lettuce, Tomato, Red Onion, Mayo 5.0 v

Angus Beef Burger with Cheese, Tomato Sauce 5.5

Hot Dog with Topping (optional) from 4.0

Noddles Assorted Flavours 3.6

Falafel Bites Vegan Gluten Free 3 for 3.0

Potato Rosti Vegan Gluten Free 3 for 3.0

Lunch Selection

Homemade Pasta of the Day 4.0s 5.0Lg (See Canteen)
Rice or Hokkien Noodle w beef/chicken 4.0s 5.0Lg (See Canteen)
Stir Fry Vegetarian Rice 4.0s 5.0Lg v(See Canteen)
Homemade Soups (Term 2 & 3) 4.0 v GF
Traveller Beef Pie (Salt Reduce) 4.5
Chicken Burger w Lettuce, Mayo 5.5
Chicken Schnitzel Sub w Lettuce, Cheese & Mayo 6.0
Chicken Parma Sub w Napoli Sauce & Cheese 6.0
Angus Beef Burger with Cheese, Tomato Sauce 5.5
Assorted Dim Sims, Dumplings from 1.3
Homemade Pizza Slice from 3.0 v
Meatball Sub with Napoli Sauce & Cheese 4.0
Veq Sub w Cos Lettuce, Tomato, Red Onion, Mayo 5.0 v

Sushi (Wednesday & Thursday) Term 1

2 Rolls from 6.5 Chicken Teriyaki, California, Tuna & Avocado.

Cold Delí Selection (Please see Canteen for Options)

Fruit Salad with Yoghurt 4.5 Garden Salad with Italian Dressing, Yoghurt with Berries 4.5 Jelly 1.5

In Season Fruit From 1.0

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From The Bakery

Assorted Gourmet Pies 4.5
Sausage Roll 3.5
Assorted Muffins 3.5
Assorted Slices 3.5
Vegetable Pastie 4.0 v
Iced Donut from 3.0

Sandwiches

Made to order Assorted Breads

Salad - Lettuce Tomato Cucumber Carrot Beetroot 4.0

Salad add Ham 4.5

Salad add Chicken 4.5

Salad add Cheese 4.5

Egg & Lettuce 4.2

Tuna, Lettuce & Tomato 4.7

Chicken Lettuce & Mayo 4.7

Chicken, Avocado & Cheese 5.0

Ham, Cheese & Tomato 3.7

Cheese & Tomato 3.2

Add .50 for Rolls or Wraps
Add 1.00 for Focaccia

Drinks

250ml Coke-no sugar, Sprite 2.5
390ml Coke no sugar, Sprite 3.5
500ml Iced Tea Varieties 4.5
750ml Pump Flavoured Water 4.5
600ml Water 3.0
250ml Mt Franklin Sparkling Water 2.5
300ml Oak Milk Flavoured 3.2
500ml Ice Break 4.5
600ml Oak Milk Flavoured 4.5
Harvey Fresh Juice Varieties from 3.5

Ice Creams

Assorted Paddle Pops 2.2 Mini Callippo 2.0 Icy Twist 2.0 Frozen Yoghurt 2.5

Snacks Options

Popcorn 2.0
Delites 1.0
Red Rock Deli Chips 3.0
Assorted Muffins 4.0, Assorted Slices 3.5, Cookie 3.0,
Smartie Cookie 4.0









\$3.00 minimum