BREAKFAST

Toasted Banana Bread – Gluten Free, Mixed Berry or Plain $3.90

Fresh Fruit Salad $3.50

Eat Gourmet $3.60
(Coconut, Mango, Passionfruit, Raspberry, Natural,
Apple Cinnamon, Blueberry)

Chilled Porridge $3.00
(Chia, Coconut, Honey, Pepita Seeds, Yoghurt and Oats)

Fresh Baked Muffins $2.60

Toast $2.00
with either Honey, Jam, Vegemite or Marmalade

Raisin Toast with Butter $2.00

Toasted Cheese Sandwich $2.70

Toasted Ham and Cheese Sandwich $3.00

Toasted Bagel with Honey, Jam, Vegemite or Marmalade $3.00

Egg and Bacon Muffin $4.50
Cafeteria Menu

LUNCH (AVAILABLE FROM RECESS)

SANDWICHES, WRAPS, ROLLS (Plain or Toasted)
(add 50 cents for a Roll or Wrap or Turkish)

- Vegemite $2.00
- Honey $2.00
- Cheese $2.70
- Cheese & Tomato $3.50
- Ham & Cheese $4.00
- Ham, Cheese & Avocado $4.50
- Egg & Lettuce $4.00
- Chicken, Lettuce, Tomato and Cheese $4.80
- Salad Sandwich (Tomato, Lettuce, Carrot, Cucumber, Beetroot) $4.50

DAILY GOURMET ITEMS

- **Monday**
  - Chicken Breast Wrap, Avocado, Swiss Cheese, Iceberg & Lite Mayo $5.20
- **Tuesday**
  - Turkey on Turkish Roll with Brie, Cranberry & Roquette
- **Wednesday**
  - Tandoori Chicken Wrap, Mesclun, Capsicum, Sundried Tomato & Minted Yoghurt $6.00
- **Thursday**
  - Roast Beef Turkish Roll, Sliced Cheddar, Sundried Tomato Mayonnaise & Spinach $5.20
- **Friday**
  - Moroccan Chicken Wrap, Mesclun, Avocado, Roast Capsicum & Tomato Chutney $5.20

HOT SNACKS

- Byron Organic Gourmet Pie $5.70
- Byron Organic Gourmet Sausage Roll $4.90
- Travellers Pie $3.50
- Sausage Roll $3.20
- Mini Pie $1.50

Sandwiches, Wraps & Rolls with your choice of fillings can be ordered each day.
SALADS
Monday Greek Salad $3.50sml
Tuesday Roasted Vegetable and Cous Cous $5.00 lge
Wednesday Chicken Caesar Salad
Thursday Tuna Nicoise
Friday Baby Spinach, Bacon, Tomato and Parmesan

DRINKS
Up & Go (Vanilla, Strawberry, Chocolate) 250ml $ 2.50
Oak Lite Milk Small (Chocolate, Strawberry, Banana) 300ml $ 2.80
Peats Ridge Bottled Water 600ml $ 2.50
Plain Milk Small – 300ml $ 1.60
Ribena, Apple & Blackcurrant 200ml $ 2.00
Deep Spring Mineral Water (Berry, Lemon, Lime or Plain) $ 3.20
Nudie Juice - Tropical, Apple, Orange 250ml $ 2.50
- Orange Double Pulp, Orange, Apple, Pineapple Pear Mint 400ml $ 3.50

SNACKS
Popcorn (Lightly salted) $ 1.80
Rice Crackers $1.50
Pretzels $1.50
Fresh Vegetable Crudités & Dip $ 2.50
Sushi Roll (Teriyaki Chicken, Spicy Tuna, California, Salmon, Chicken Schnitzel) $ 3.20
Byron Bay Cookie – Chocolate $ 3.50
Byron Bay Cooke – Chocolate (Gluten Free) $ 3.50
Sushi Box – 8 piece $ 6.00
Sushi Box – Medium $ 4.50
Inari Roll $ 3.50
Rice Paper Roll $ 3.90

ICE CREAMS
Weiss Bar $ 3.50
Quelch $ 1.20
Milo Scoop Shake $ 3.00
Dixie Cup $ 2.50
SCEGGS Cafeteria Menu 2016

All main meals $6.50

Junior School Small Meals $5.00

DAILY SPECIALS WEEKS 1, 3, 5, 7, 9

Monday
Butter Chicken with Brown Rice (gf)
Vegetarian
Chickpea & Vegetable Tagine with Apricots & Cous Cous (gf)

Tuesday
Beef Burger with Fried Onions & Salad
Vegetarian
Grilled Halloumi with Salad, Parsley & Lemon Juice (gf)

Wednesday Pasta Bar (gf)
Shredded Chicken, Basil and Tomato
Vegetarian
Pea, Chilli, Garlic and Red Capsicum

Thursday
Roast Chicken with Rosemary & Lemon & Roast Vegetables (gf)
Vegetarian
Mushroom Ragout Jacket Potato (gf)

Friday
Herb Crusted Fish with Garlic Potatoes (gf)
Vegetarian
Vegetable Korma with Brown Rice and Minted Yoghurt (gf)

DAILY SPECIALS WEEKS 2, 4, 6, 8

Monday
Pizza Day (gf available)
Vegetarian
Spinach, Ricotta & Mushroom Frittata with Green Salad (gf)

Tuesday
Spiced Moroccan Pork Shoulder with Grilled Vegetables & Cous Cous (gf)
Vegetarian
Vegetarian Goulash with Brown Rice (gf)

Wednesday Pasta Bar (gf)
Pasta Bolognaise
Vegetarian
Roasted Pumpkin, Fresh Rosemary and Lemon Juice

Thursday
Marinated Lamb, Falafel, Tabouli, Hummus & Corn Bread (gf)
Vegetarian
Falafel, Vine Leaves, Tabouli, Hummus & Corn Bread (gf)

Friday
Grilled Fish with Lemon, Parsley Butter & Steamed Vegetables (gf)
Vegetarian
Roasted Vegetable & Eggplant Lasagne (gf)