



## Rosebank College Cafeteria Menu

### BREAKFAST

- Toast - jam/honey/vegemite \$4.00
- Bacon & egg roll \$5.50
- Fresh seasonal fruit \$1.00
- Large fresh fruit salad \$5.00
- Low fat muffins \$4.50
- Low fat banana bread \$4.50
- Raisin toast \$4.00

### SALADS (Green)

- Garden salad \$6.50
- Greek salad \$6.50
- Schnitzel Caesar salad \$6.50
- Caesar dry \$6.50
- Tabbouleh blend salad with lemon dressing \$5.00
- Tuna pasta salad \$6.50
- Chicken avocado pasta salad \$6.50

### SANDWICHES (Green)

- (White/whole meal/multigrain)
- Turkey cheese & cranberry \$5.00
- Egg & lettuce \$5.00
- Tasty cheese & salad \$5.00
- Tasty cheese \$4.00
- Tasty cheese & tomato \$4.50
- Lean roast chicken \$5.00
- Lean roast chicken, lettuce & mayo \$5.00
- Tuna & salad \$5.00
- Chicken & salad \$5.00
- Lean lite ham, tomato, cheese \$5.00
- Avocado and chicken \$5.00
- Tuna, spanish onions, cucumber & sprouts \$5.00

### WRAPS (Green)

- Schnitzel Caesar wraps \$7.00
- Veggie wraps \$7.00
- Char grilled chicken kebab \$7.00
- Sweet chilli chicken wrap \$7.00
- Ham salad wrap \$7.00

### FOCACCIA

- (All \$7.00)
- Schnitzel avo-(grilled eggplants & capsicum, cheese)
- Grilled chicken-(salad with avocado)
- Smoked salmon-(red onions & cheese)
- Vegetarian-(eggplant, capsicum, sundried tomatoes & feta)

### HOT FOODS

- Low fat beef pie \$5.00
- Giant sausage roll \$4.50
- Spinach & ricotta roll \$4.50
- Fish burger \$6.50
- Gourmet beef burger \$6.50
- Chicken burger \$6.50
- Veggie burger \$6.50
- Fried rice \$6.00
- Lasagna/vegetarian lasagna \$6.50
- Napolitano pasta with fresh basil \$6.50
- Mediterranean pasta \$6.50
- Spaghetti bolognese \$6.50
- Gnocchi \$5.00 (small serve)
- Ravioli \$5.00 (small serve)
- Stir-Fry noodles \$6.50
- Butter chicken \$6.50
- Stir-fry chicken and rice \$6.50
- Teriyaki chicken \$6.50
- Curry \$6.50
- Fish and chips \$7.50
- Chicken and chips \$7.50
- Garlic bread \$2.50

### DRINKS

- Flavoured milk - 300ml \$3.00/600 ml \$4.50
- Spring water \$3.00
- Up and Go \$3.00
- 100 % popper \$2.50
- Assorted mineral water \$4.50
- Low sugar Powerade \$5.00
- Aloe vera \$5.00