

Fountain Gate Secondary College

Café Menu

JAN 2018

From The Deli Bar Fridge		\$	From The Salad Bar (Daily Special)		\$
Seasonal Fresh Fruit	FROM	1.00	Moroccan Cous Cous Salad		5.00
Fruit Salad (Made Fresh Daily)	FROM	4.00	Quinoa Salad		5.00
Yoghurt with Muesli		3.70	Thai Noodle Salad		5.00
Croissant (Filled extra 50 cents)		3.70	Chicken Caesar Salad		6.00
Toast with Choice of Spreads (Vegemite, Nutella, Jam)		1.00	Greek Salad		5.00
Dip and Zatar Bread		2.50	With Chicken, Tuna or Beef (H)		6.00
Frittata (Vegetarian)		4.50	Gourmet Panini		
Sushi Rolls (Californian, Vegetarian, Chicken & Tuna)		2.60	Ham, cheese and Tomato		4.50
Freshly-Made sandwiches			Mediterranean Vegetable (Veg)		5.50
50c Extra For Rolls		\$	Tandoori or BBQ Chicken (H)		5.50
Cheese & Tomato		3.50	Chicken Schnitzel (H)		5.50
Ham & Cheese		3.50	Drinks		
Ham, Cheese & Tomato		4.00	Apple / Orange (350ml)		3.50
Salad (Lettuce Mix, Tomato, Carrot, Cucumber, & Light Mayo)		4.30	Up and Go		3.20
Egg & Lettuce		4.00	Oak- 300ml		2.60
Cheese & Salad		4.50	Oak- 600ml		3.60
Roast Chicken & Salad (H)		4.50	Ice Break - 500ml		3.60
Ham & Salad		4.50	Bottled Water (500ml)		2.50
Gourmet Wraps		5.50	Bottled Water (750ml)		3.80
From The Hot Food Bar (\$0.20 Extra For Sauces)		\$	Soft Drink Can		2.00
Egg and Bacon Muffin (cheese extra 50 cents)		3.20	Mineral Water (Lemon & Lime, Orange & Mango)		3.00
Breakky Wrap (bacon, egg and hashbrown with BBQ sauce)		4.70	Soft Drink 450ml Bottle		3.70
Hash Browns (Oven Baked) (H)		1.00	Iced Tea 500ml Bottle		3.70
Steamed Dim Sim		1.00	From the Café Bar		
Homemade Sausage Roll		4.00	Hot Chocolate		3.00
Pies		3.70	Café Latte (Lite / Full Cream Milk)		3.00
Zinger Pocket or Burger		5.50	Cappuccino (Lite / Full Cream Milk)		3.00
Chicken/ Beef Burger (H) (with lettuce)	FROM	4.50	Flat White (Lite / Full Cream Milk)		3.00
Oven Baked Wedges (H)		3.30	Chai Latte		3.50
Sweet Chili Chicken Tender (each)		2.30	Espresso / Short Macchiato		2.50
Sweet Chili Chicken Tender Wrap		4.50	Long Macchiato		3.00
Vegetarian Spring Rolls (H)		3.00	EXTRAS		
Devil Wings		3.70	Soy Milk/ Strong / Extra Shot		0.50
Homemade Pizza Slice		4.00	Medium Cup		3.50
Beef or Vegetarian Nachos (H)	FROM	4.50	Extra Large Cup		4.50
Chicken Souvlaki (H)		5.50	Ice Cream		
Chicken Parma Wrap (H)		5.50	Calippo		1.00
Variety of Pasta (Spiral, Lasagne, Tortellini, Ravioli etc.)	FROM	4.50	Icy Twist		1.00
Variety of Rice, Curry, Noodle, Stir-Fry Meals	FROM	4.50	Paddle Pop		1.70
Roast Beef Roll (H)		5.50	Paddle Pop Thick Shake		2.80
Homemade Soup of the day (Seasonal) (H)		4.50	Frozen Yoghurt Cup		1.70
Spinach and Cheese Spanakopita (H)		5.00	Snacks		
Pide (Spinach or Lamb) (H)		5.50	Muffins (chocolate, blueberry, apple & cinnamon etc)		3.50
Baked Potato (Vegetarian, Beef (H) or Bacon)		5.00	Cake Slices		2.50
			Slices		2.00
			Red Rock Deli Chips		2.50

LUNCH ORDERS

HOW TO ORDER

1. Place order at café with staff prior to 9am
2. Pay staff at time of order
3. Collect order from Café at lunch break

Note:

1. Items may not be available due to supplier stock - similar product will be provided.



BOCCA FOODS
Healthy Home-Made Meals

Address: 55 Willy's Avenue, Keilor Downs, VIC, 3038
Phone: 93644197 Email: info@boccafoods.com.au