

Rosebank College 2019

BREAKFAST

Toast- jam/honey/vegemite \$3.00
Cereal & milk \$3.00
Low fat yoghurt \$3.80
Bacon & egg roll \$4.00
Fresh seasonal fruit \$1.00
Large Fresh fruit salad \$5.00
Low fat muffins \$4.00
Low fat banana bread \$4.00
Raisin Toast \$2.00
Milkshakes \$4.00

SUSHI (Green)

Assorted \$4.00
Gluten Free \$4.00

SALADS (Green)

Garden Salad \$5.00
Greek Salad \$5.50
Schnitzel Caesar Salad \$5.50
Caesar Dry \$5.50
Tabbouleh Blend Salad with Lemon Dressing \$4.00
Coleslaw \$4.00
Bean Medley \$4.00
Potato Salad Large \$5.50
Vegetable Salad \$4.50
Grilled Chicken and Salad \$5.50

SANDWICHES (Green)

(White/whole meal/multigrain)
Egg & lettuce \$3.80
Tasty cheese & Salad \$4.00
Tasty cheese \$3.50
Tasty cheese & Tomato \$3.80
Lean roast chicken \$4.00
Lean roast chicken, lettuce & mayo \$4.00
Tuna & Salad \$4.00
Chicken & salad \$4.00
Salad \$4.00
Lean lite ham, tomato, cheese \$4.00
Avocado and Chicken \$4.00
Tuna, Spanish Onions, Cucumber & Sprouts \$4.00

WRAPS (Green)

Schnitzel Caesar Wraps \$5.50
Veggie Wraps \$5.50
Char Grilled Chicken kebab \$5.50
Sweet Chilli Chicken Wrap \$5.50
Ham Salad Wrap \$5.50

FOCACCIA (Green)

(All \$5.50)
Schnitzel Avo-(grilled eggplants & capsicum, cheese)
Grilled Chicken-(Salad with avocado)
Smoked Salmon-(red onions & cheese)
Vegetarian-(eggplant, capsicum, sundried tomatoes & feta)

HOT FOODS (Amber)

Low fat beef pie \$4.00
Giant sausage roll \$3.80
Chili Jam Chicken \$5.50
Spinach & ricotta roll \$3.80
Chicken schnitzel roll with lettuce & mayo \$5.50
Gourmet beef burger \$6.00
Lasagna/vegetarian lasagna \$6.00
Fried Rice \$5.50
Napolitano pasta with fresh basil \$5.50
Mediterranean pasta \$5.50
Gnocchi \$4.00
Ravioli \$4.00
Spaghetti Bolognese \$5.50
Stir-Fry Noodles \$5.50
Butter Chicken \$5.50
Curry \$5.50
Portugese Burger \$6.00
Chicken Burger \$5.50
Fish and Chips \$6.00
Garlic Bread \$2.00

GLUTEN FREE

Gluten free tuna salad boxes \$5.50
Gluten free chicken salad boxes \$5.50
Classic Italian Bean Salad \$3.80
Homemade lentil Soup \$3.80
Homemade Chickpea Soup \$3.80
Gluten Free Meat Pies \$4.00

DRINKS

Flavoured milk - 300ml \$3.00/600 ml \$4.00
Spring water \$3.00
Up and Go \$3.00
100 % popper \$2.00

CAPPUCCINO MACHINE

Cappuccino \$3.00
Latte \$3.00
Flat White \$3.00
Tea \$2.50
Hot Chocolate \$2.50