



## Rosebank College Cafeteria Menu

### **BREAKFAST**

Toast- jam/honey/vegemite \$4.00  
Low fat yoghurt \$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 \$3.00

### **SUSHI (Green)**

Assorted \$5.00  
Gluten Free \$5.00

### **SALADS (Green)**

Garden Salad \$5.00  
Greek Salad \$6.50  
Schnitzel Caesar Salad \$6.50  
Caesar Dry \$6.50  
Tabbouleh Blend Salad with Lemon Dressing \$5.00  
Thai Salad \$6.50  
Grilled Chicken and Salad \$6.50

### **SANDWICHES (Green)**

(White/whole meal/multigrain)  
Egg & lettuce \$5.00  
Tasty cheese & Salad \$4.50  
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  
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 \$6.50  
Veggie Wraps \$6.50  
Char Grilled Chicken kebab \$6.50  
Sweet Chilli Chicken Wrap \$6.50  
Ham Salad Wrap \$6.50

### **FOCACCIA**

(All \$6.50)  
Schnitzel Avo-(grilled eggplants & capsicum, cheese)  
Grilled Chicken-(salad with avocado)  
Smoked Salmon-(red onions & cheese)  
Vegetarian-(eggplant, capsicum, sundried tomatoes & feta)

### **HOT FOODS**

Low fat beef pie \$4.50  
Giant sausage roll \$4.00  
Spinach & ricotta roll \$4.50  
Chicken schnitzel roll with lettuce & mayo \$6.50  
Gourmet beef burger \$6.50  
Portugese Chicken Burger \$6.50  
Chicken Burger \$6.50  
Lasagna/vegetarian lasagna \$6.50  
Fried Rice \$6.00  
Napolitano pasta with fresh basil \$6.50  
Mediterranean pasta \$6.50  
Spaghetti Bolognese \$6.50 Gnocchi \$4.50  
Ravioli \$4.50  
Stir-Fry Noodles \$6.50  
Butter Chicken \$6.50  
Chili Jam Chicken \$6.50  
Teriyaki Chicken \$6.50  
Curry \$6.50  
Fish and Chips \$6.50  
Garlic Bread \$2.50  
Cheese Zatar \$4.00  
Vegetarian Dumplings \$4.50  
Pork & Chive Dumplings \$4.50  
Chicken Dumplings \$4.50

### **GLUTEN FREE**

Gluten free tuna salad boxes \$6.50  
Gluten free chicken salad boxes \$6.50  
Classic Italian Bean Salad \$6.50

### **DRINKS**

Flavoured milk - 300ml \$3.00/600 ml \$4.50  
Spring water \$3.00  
Up and Go \$3.00  
100 % popper \$2.00  
Assorted Mineral Water \$4.50  
Low Sugar Powerade \$5.00  
Aloe Vera \$4.50