



MT RIDLEY COLLEGE EARLY YEARS PREP - GRADE 4 MENU

FROM THE DELI BAR FRIDGE	\$
Seasonal Fresh Fruit	from 1.00
Fruit Salad (Made Fresh Daily) GF VE	from 3.00
Yoghurt	3.50
Dip and Zatar Bread VE	2.50
Sushi Rolls: Californian/Vege/Chicken/Tuna GF	2.80
Jelly Cup	1.50

FRESHLY-MADE SANDWICHES (extra \$1 for roll)	\$
Cheese & Tomato V	3.50
Ham & Cheese	3.50
Ham, Cheese & Tomato	4.00
Salad: Lettuce, Tomato, Carrot, Cucumber & Mayo VR V	4.00
Egg & Lettuce V	4.00
Cheese & Salad V	4.50
Roast Chicken & Salad H	5.00
Ham & Salad	5.00
Gourmet Wraps	from 5.50

FROM THE HOT FOOD BAR (extra 20¢ for sauce)	\$
Egg and Bacon Muffin (cheese extra 50¢)	3.50
Breaky Wrap: bacon, egg, hashbrown & BBQ	from 4.50
Oven Baked Hash Browns GF H VE	1.50
Steamed Dim Sim H	1.00
Snack size Sausage Roll	3.00
Homemade Sausage Roll	4.00
Pies	from 4.00
Chicken/Beef Burger with lettuce H	from 4.50
Oven Baked Wedges H VE	3.50
Sweet Chili Chicken Tender H	each 2.50
Sweet Chili Chicken Tender Wrap H	4.50
Vegetarian Spring Rolls H VE	3.00
Devil Wings (2 per cup) H	4.00
Bakery Pizza Round	4.50
Beef or Vegetarian Nachos GF H VR	from 5.00
Chicken Souvlaki H	5.50
Chicken Parma Wrap H	5.50
Pasta: Penne/Spirals with Bolognese H	4.50
Pasta: Penne/Spirals with Napoli sauce VE	4.50
Pasta: Lasagne H	5.50
Pasta: Ravioli/Tortellini with Carbonara	5.50
Fried Rice GF	4.50
Curry H VR	5.50
Pide: Spinach or Lamb H VR	5.50

GOURMET PANINI	\$
Ham, Cheese & Tomato	4.50
Chicken Schnitzel H	5.50
Tandoori/BBQ Chicken H	5.50

DRINKS	\$
Apple or Orange (squeeze pack)	1.50
Up & Go	3.50
Oak 300ml	2.50
Bottled Water 500ml	2.50
Soft Drink Can (Sugar Free)	2.00
Mineral Water (Lemon & Lime/Orange & Mango)	2.00
Iced Tea 500ml Bottle	4.00

SNACKS	\$
Cake Slices	2.50
Slices	2.00
Rock Deli Chips	2.50
Muffins	3.50

ICE CREAM	\$
Zooper Dooper	1.00
Callipo	1.50
Icy Twist	1.50

HOW TO COMPLETE LUNCH ORDERS:

1. Go to www.boccafoods.com.au to register account
2. Ensure correct YEAR LEVEL/CLASSROOM details
3. Add items to your basket and pay via credit card
4. Collect orders from priority queue at the canteen

NOTE: Any dietary requirements to be pre-ordered, & out of stock items to be replaced by similar items



DIETARY GUIDE:

GF GLUTEN FREE UPON REQUEST **H** HALAL **S** SEASONAL **VE** VEGAN **VR** VEGAN UPON REQUEST **V** VEGETARIAN