

**Volunteers are always needed
and very much appreciated.**

**Please consider volunteering
some time to the café even if it
is just a few hours per month.**

If you are unable to volunteer time,
you may like to donate some
groceries as this is a wonderful way to
assist the café in keeping prices to a
minimum. Items include corn chips,
salsa, jelly, tinned baked beans, tuna,
beetroot, pineapple, tomato paste,
pasta and popcorn.

Thank You
Thank You
for
Your Support
Your Support

Meal Deals

The Italian job \$ 6.70

(Beef ravioli in tomato sauce with fruit juice or flavoured milk,
A piece of fruit or a packet of chips)

The Americano \$ 6.70

(A beefburger with fresh tomato and BBQ sauce with fruit juice
or flavoured milk, A piece of fruit or a packet of chips)

The Rustic Box \$ 6.70

(A ploughman's lunch with a crusty roll, cheddar cheese and
pickle with fruit juice or flavoured milk,
A piece of fruit or a packet of chips)

*A selection of gluten free meals are available
Please see over.*



Go for 2&5
FRUIT VEG

PRICES CURRENT AS AT
JAN 30/01/2019



CAFE MENU

OPENING TIMES

Morning Tea	Monday to Friday	10.30am till 10.50am
Lunch	Monday to Friday	12.20pm to 1.00pm

We now have online ordering for Unity College
through Monitor On line Ordering,
Please register your children and follow in the school
portal and follow the screen prompts, any questions
please do not hesitate to call.

Remember to check the
Newsletter each week for our
'Food from Around the World'
Specials

Prices as Advertised

5490 5728

Convenor: Mr Alan Moore

SNACK BAR

Crunchy Apple	0.80
Chilled Watermelon	1.00
Cool Rock melon	1.00
Frozen Grapes	1.30
Apple Slinky	0.80
BYO Apple Slinky	FREE
Fruit Salad Cup 7 OZ	1.50
Rice Crackers with Dip, carrot & celery	2.70
- With cheese	3.00
Steamed Dim Sim with Soy Sc	0.80

GO FOR 2 & 5!

Two serves of fruit and five serves of vegies. Why not try to include some of the above in your child's

Hard Boiled Egg	0.80
2x Sao Biscuits with Cheese &/or Vegemite	1.30
Popcorn	1.50
Nachos served with Salsa & Cheese	2.90
Vanilla or Chocolate Muffin	1.00
Yoghurt - Queensland Yoghurt Company	3.40
Custard Cup or Jelly cup	1.30
Vege Chips (BBQ), Red Rock Chips (Plain)	1.30

Yoghurt Frogs (pkt of 2) 0.20

Choc Chip Cookie 0.80

FROZEN TREATS

Frozen Yoghurt - Strawberry or Fruit Salad	2.00
Mini Calypo Raspberry or Lemon	1.20
Lemonade Icy Twist	1.20

GLUTEN FREE MEALS

Lemon Chicken Drumsticks & Cheese and avocado baked potato \$4.40

SANDWICHES

Sandwiches made on whole meal bread. Grain or white available on request. NO spreads unless requested.

Bacon, Lettuce and Tomato with Light Mayo .	3.80
Chicken, Lettuce & Mayonnaise	3.80
Egg & Lettuce	3.50
Tuna & Mayonnaise	3.50
Ham, Cheese & Tomato	3.50
Salad (Lettuce, carrot, cheese, cucumber, tomato, onion.)	3.50
Chicken & Avocado	3.80
Ham or Chicken with Salad	3.80
Vegemite &/or Cheese	2.80
Cheese Focaccia with Ham & salad	5.20
with Chicken & salad	5.20
Lavash (Flat Bread)	
Ham or chicken with Salad - 1/2 wrap	3.00
- Full Wrap	5.00
- Toasted	5.00

SALAD BAR

Quiche - 1/2 Serve	2.20
- Full Serve	4.00
Sushi - 6 different flavours	4.00
Gluten Free Meals, Beef Lasagne , ,	6.50
Lemon Drumsticks	
and Baked Cheese and avocado Potato	4.20
Garden Salad box served with fruit & 1/2 egg	4.00
Greek Salad box served with feta & olives	4.80
Chicken Caesar Salad Box	4.80

See Newsletter for Specials of the Day. Prices as advertised.

HOT FOOD

Homemade Beef burger with Tomato & Lettuce,	4.30
Classic Chicken Burger with Lettuce & Mayonnaise	4.30
Honey Soy Chicken Drumsticks' Marinated & Served with Sticky Rice	4.30
Kebab - Chicken with tomato, onion, cheese & lettuce and toasted Tzatziki, Sweet Chilli or Tandoori Sauce	5.00
Macaroni Cheese or Vegetable Lasagna	4.30
Stir fried Vegetable rice	4.30
4 1/20 Snack Sausage Roll - Low Fat 125g	2.40
4/20 Beef Traveller Pie 160g	2.50
Sauce Portions	0.30
Jacket Potato Served with Baked Beans & Cheese	4.30
Pizza - Home Made on Focaccia Base - Vegetarian or Ham and cheese	4.30
Hot Dog with Tomato or BBQ Sauce	3.00
Spaghetti Bolognese or Italian Lasagna	4.30
Juicy Corn Cob	1.50

DRINKS

Plain Bottled Water 350ml	1.50
Sports Cap Water	2.00
Plain Milk - 200ml	2.40
Includes a Sipahh straw - Choc, Strawberry or cook-	
Flavored Milk - Chocolate, Strawberry, Ice Coffee	2.00
Juice 200ml - Orange, Apple, Orange & Passion	2.00
	2.60
Smart Juice 400ml - Orange, Apple, Apple & Blackcurrant	
Carbonated flavored Sparking Water	2.30
Slush Puppy 350ml (No added flavour or sugar)	2.00