



# A.B. PATERSON COLLEGE MENU FOR TERM 4, 2017

From our Resident Nutritionist Stephanie Wearne From BodygoodFood

Web:

www.bodygoodfood.co.au



## BREAKFAST

Raisin Toast	\$2.50
Bacon & Egg Muffin	\$4.50
Egg & Bacon Roll	\$4.50
Omelette	\$5.50
Ham & Cheese Toasties	\$4.00
Scrambled Egg /Cheese Wrap	\$5.00
Blueberry Pancakes x2	\$4.00
Muesli with Fresh Berries and Yoghurt	\$4.00
<u>Sandwiches, Rolls &amp; Wraps</u>	
Choose from Ham, Chicken, Smoked Salmon, Beef, Egg with Lettuce, Tomato, Carrot, Cucumber, Alfalfa. Beetroot, Pineapple	
Onion, Avo and cheese with sauce of your choice.	
Melts- Ham, Cheese and Pineapple	\$4.00
Sandwiches	\$4.50
Rolls	\$5.00
Wraps	\$6.00
<b>Plus Gluten Free Toasties</b>	\$5.00
<u>SALADS</u>	
Garden Salad	\$5.00
Chicken Caesar	\$6.00
Mediterranean & Chicken	\$6.00
Greek Salad	\$5.00
Caesar Salad	\$6.00
Kale slaw	\$4.00
Mediterranean Noodle Salad with Feta	\$5.00
Quinoa and Brown Rice Salad	\$6.00
<u>VEGETARIAN</u>	
Pizza. Choose your topping	\$4.50
Spinach and Ricotta Roll	\$4.00
Fritatta	\$4.50
Vege Burger	\$5.00

## DAILY ITEMS ( May Vary)

Cheese Burger	\$5.50
Works Burger	\$5.50
Vegetarian Burger	\$5.00
Chicken Schnitzel Burger	\$5.50
Chicken Parmigiana Baguette	\$6.00
Chicken Nibbles with Rice	\$4.50
Pork Sausage	\$2.50
Nachos, Meat and Salsa	\$5.50
Nachos, Cheese And Salsa	\$4.00
Chicken Pita Pocket	\$4.50
Corn on the Cob small	\$1.20
3 Steamed Dim Sims	\$3.00
1 Dim Sims	\$1.20
Potato Wedges	\$3.50
Chicken Nuggets <b>x5</b>	\$3.50
Chicken Kebab's	\$5.50
Spring Rolls	\$3.50
Sushi- Rolls <b>(G/F)</b>	\$3.50
Ham, Cheese and Tomato Quiche	\$3.00
Bacon and Egg Quiche	\$3.00
Pizza Choice of topping	\$4.50
Spinach Ricotta Roll	\$4.00
Chicken Burrito	\$6.00
Hot Chicken & Gravy Rolls	\$5.50
Sausage Rolls	\$3.50
Beef Pies	\$5.00
Chicken Pies	\$5.00
Chunky Beef Pies	\$5.00
Savoury Muffin	\$4.00
<u>SUMMER SPECIALS ( W/A)</u>	
Kale Slaw and Pork Sausage	\$6.50
Asian Chicken and Vermacilli Salad	\$6.00
Chilli Con Carne and Rice	\$4.50



## HEALTHY OPTIONS

Sushi Rolls <b>(Mayo contains egg)</b>	\$3.50	SML	LGE
Rice Paper Rolls	\$4.00		
Fresh Berries & Yoghurt	\$3.50		
Fruit Salad	\$4.00		
Watermelon (Small Cup)	\$2.00		
Seasonal Fruit	\$1.00		
<u>SLICES &amp; CAKES</u>			
Muffin Flavours vary daily	\$4.00		
Tan Slice ( Caramel)	\$4.00		
Muesli Slice	\$3.00		
Sugar Free Banana Bread	\$4.00		
Brownie	\$4.00		
Apricot Slice	\$4.00		
Pear cake with Cream Cheese icing	\$4.50		
Custard Cup	\$3.00		
Jelly	\$2.00		
Mousse	\$2.50		
Chocolate Chip Cookie	\$2.00		
<u>SECOND BREAK MAINS</u>		SML	LRG
<u>MONDAY</u>			
Macaroni Cheese with Cup of Salad	\$3.50	\$5.00	
<u>TUESDAY</u>			
Butter Chicken or Meatless Taco		\$5.00	
<u>WEDNESDAY</u>			
Lasagne		\$5.00	
<u>THURSDAY</u>			
Spaghetti Bolognese or Napoli		\$5.00	
<u>FRIDAY</u>			
Ricotta & Spinach Ravioli	\$3.50	\$5.00	
Chicken Nibbles with Rice <b>(Marinated with Honey Soy)</b>	\$3.00	\$4.00	



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**WE DO NOT DEEP FRY  
EVERYTHING OVEN BAKED  
ONLY**

Roast Vegetable Focaccia	\$5.50
Baked Bean or Spaghetti Jaffle	\$4.50
<b><u>Snack Packs</u></b> -Carrot,Cucumber & Crackers	\$2.50
Cheese, Brie, Grapes, Hummus, Carrot-Cucumber & Crackers	\$6.00
Boiled Egg, Carrot, Cucumber & Crackers	\$4.00

**GLUTEN FREE OPTIONS**

Granola Bars	\$4.00
Gluten Free Muffin	\$4.50
Toasted Sandwiches	\$4.00

**CHIPS**

Red Rock Assorted	\$1.50
Jumpies Chicken and Salt & Vinegar	\$1.00
Grain Waves	\$1.50
Messy Monkeys	\$1.50

**SAUSAGE SIZZLE**  
**TUESDAY'S out front of**  
**Tuck Shop \$2.50 each**

Smiths Salt and Vinegar	\$1.50
Twisties	\$2.50

**MEAL DEAL'S**

Sml Nacho's, Popper & Cookie	\$5.00
Pizza, Popper & Cookie	\$7.00

**COFFEE parents/teachers**

Cap, Latte ,Flat White	\$3.50	\$4.00
Short & Long Black	\$3.00	\$3.50
Macchiato & Ristretto	\$3.50	
Mocha	\$4.00	\$4.50

Hot Chocolate	\$3.50	\$4.00
Soy Milk & Almond Milk	\$0.50	\$1.00
Vanilla & Caramel Flavour	\$0.50	\$1.00

**Parents, Teachers & Seniors  
Only**

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www.flexischools.com.au and  
order online today, or call the  
helpdesk on 1300 361 769](http://www.flexischools.com.au)

	SML	LGE
Iced Tea		\$4.20
Crazy Lemon		\$4.00
Charlies Pouch	\$2.80	
Just Juice (Popper)	\$2.00	
Fruit Juice	\$3.80	
Waterfords Waters		\$3.80
Bottled Water	\$3.00	
Vanilla Malt Milk		\$4.20
Choc Milk	\$2.80	\$4.20
Vanilla Milk	\$2.80	\$4.20
Strawberry Milk	\$2.80	\$4.20
Plain Milk 300ml	\$2.00	
Up & Go Milk	\$2.50	

**PLEASE NOTE NO FLAVOURED MILK SOLD  
TO JUNIORS PREP-YR 6**

**SAUSAGE SIZZLE**  
**TUESDAY'S out front of**  
**Tuck Shop \$2.50ea**