



# FOUNTAIN GATE SECONDARY COLLEGE

FROM THE DELI BAR FRIDGE	\$
Seasonal Fresh Fruit	from 1.50
Fruit Salad (Made Fresh Daily) <b>GF VE</b>	from 4.00
Yoghurt with Muesli	4.00
Croissant (Filled extra 50¢)	4.00
Toast with Jam, Nutella or Vegemite <b>VR</b>	2.00
Sushi Rolls: Californian/Vege/Chicken/Tuna <b>GF</b>	3.50

FRESHLY-MADE SANDWICHES (extra \$1 for roll)	\$
Cheese & Tomato <b>V</b>	4.00
Ham & Cheese	4.50
Ham, Cheese & Tomato	5.00
Salad: Lettuce, Tomato, Carrot, Cucumber & Mayo <b>VRV</b>	4.00
Egg & Lettuce <b>V</b>	4.00
Cheese & Salad <b>V</b>	5.00
Roast Chicken & Salad <b>H</b>	6.00
Ham & Salad	6.00
Gourmet Wraps	from 7.00

FROM THE HOT FOOD BAR (extra 20¢ for sauce)	\$
Egg and Bacon Muffin (cheese extra 50¢)	4.00
Breakky Wrap: bacon, egg, hashbrown & BBQ	from 5.50
Oven Baked Hash Browns <b>GF HVE</b>	2.00
Steamed Dim Sim <b>H</b>	1.50
Homemade Sausage Roll	5.00
Pies	from 5.00
Zinger Pocket or Burger <b>H</b>	6.00
Chicken/Beef Burger with lettuce <b>H</b>	from 5.00
Oven Baked Wedges <b>HVE</b>	4.00
Sweet Chili Chicken Tender <b>H</b>	each 2.50
Crumbed Chicken Wrap <b>H</b>	5.00
Vegetarian Spring Rolls <b>HVE</b>	3.00
Devil Wings <b>H</b>	each 3.00
Homemade Pizza Slice	4.50
Beef or Vegetarian Nachos <b>GF HVR</b>	from 5.50
Chicken Souvlaki <b>H</b>	7.00
Chicken Parma Wrap <b>H</b>	6.00
Pasta: Penne/Spirals with Bolognese <b>H</b>	4.50
Pasta: Penne/Spirals with Napoli sauce <b>VE</b>	4.50
Pasta: Lasagne <b>H</b>	6.50
Pasta: Ravioli/Tortellini	6.50
Fried Rice <b>GF</b>	5.00
Curry <b>HVR</b>	6.50
Stir-fry Noodles <b>VRV</b>	6.00
Chili Con Carne	6.50
Chicken Caccitore <b>GF HVR</b>	6.50
Roast Beef Roll <b>H</b>	7.00
Homemade Soup of the day <b>GF H SVE</b>	6.00
Spinach & Cheese Spanakopita <b>HVRV</b>	6.50
Pide: Spinach or Lamb <b>HVR</b>	7.00

DAILY SPECIALS FROM THE SALAD BAR	\$
Garden Salad <b>VE V</b>	5.50
Greek Salad <b>V</b>	6.00
Chicken Caesar Salad <b>GF</b>	6.00
Any Salad with Chicken, Tuna or Beef <b>H</b>	7.00
Specialty Salads available online or by request: eg. Rice, Quinoa, Cous Cous & Thai Noodle	6.50

GOURMET PANINI	\$
Ham, Cheese & Tomato	6.00
Mediterranean Vegetable <b>VRV</b>	6.60
Varieties of Chicken <b>H</b>	6.60

DRINKS	\$
Apple or Orange Juice 350ml	3.50
Up & Go	3.50
Oak 300ml	3.00
Oak 600ml	4.00
Ice Break 500ml	5.00
Bottled Water 500ml	3.00
Bottled Water 750ml	4.00
Soft Drink Can (Sugar Free)	2.50
Iced Tea 500ml Bottle	4.00

FROM THE CAFÉ BAR	\$
Hot Chocolate	4.00
Café Latte (Lite/Full Cream Milk)	4.00
Cappuccino (Lite/Full Cream Milk)	4.00
Flat White (Lite/Full Cream Milk)	4.00
Chai Latte	4.50
Espresso/Short Macchiato	3.00
Long Macchiato	3.50
<b>EXTRAS</b>	
Soy Milk/Strong/Extra Shot/Mocha	0.50
Almond Milk	1.00
Medium Cup	4.50
Extra Large Cup	5.50

SNACKS	\$
Cake Slices	3.00
Slices	2.50
Rock Deli Chips	2.50
Muffins	3.50

ICE CREAM	\$
Zooper Dooper	1.00
Icy Twist	2.00
Callipo	2.50

HOW TO COMPLETE LUNCH ORDERS:
1. Go to <a href="http://www.boccafoods.com.au">www.boccafoods.com.au</a> 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
<b>NOTE:</b> 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