

# Fountain Gate Secondary College

## Café Menu

JAN 2021

From The Deli Bar Fridge		\$	From The Salad Bar (Daily Special)		\$
Seasonal Fresh Fruit (GF)	FROM	1.00	Moroccan Cous Cous Salad (VE)		5.00
Fruit Salad (Made Fresh Daily) (GF) (VE)	FROM	4.00	Quinoa Salad (VE) (GF)		5.00
Yoghurt with Muesli		3.70	Thai Noodle Salad (VE) (GF)		5.00
Croissant (Filled extra 50 cents)		3.70	Chicken Caesar Salad (GF)		6.00
Toast with Choice of Spreads (Vegemite, Nutella, Jam)(VR)		1.00	Greek Salad (V) (GF)		5.00
Dip and Zatar Bread (VE)		2.50	With Chicken, Tuna or Beef (H)		6.00
Frittata (Vegetarian)		4.50	<b>Gourmet Panini</b>		
Sushi Rolls (Californian, Vegetarian, Chicken & Tuna)(GF)		2.80	Ham, cheese and Tomato		4.50
<b>Freshly-Made sandwiches</b>			Mediterranean Vegetable (V)(VR)		5.50
\$1.00 Extra For Rolls			Tandoori or BBQ Chicken (H)		5.50
(Gluten Free Sandwiches and Wraps upon request)			Chicken Schnitzel (H)		5.50
Cheese & Tomato (V)		3.50	<b>Drinks</b>		
Ham & Cheese		3.50	Apple / Orange (350ml)		3.50
Ham, Cheese & Tomato		4.00	Up and Go		3.20
Salad (Lettuce, Tomato, Carrot, Cucumber, & Light Mayo) (V)(VR)		4.30	Oak- 300ml		2.50
Egg & Lettuce (V)		4.00	Oak- 600ml		4.00
Cheese & Salad (V)		4.50	Ice Break - 500ml		4.00
Roast Chicken & Salad (H)		4.50	Bottled Water (500ml)		2.50
Ham & Salad		4.50	Bottled Water (750ml)		3.80
Gourmet Wraps		5.50	Soft Drink Can (Sugar Free)		2.00
<b>From The Hot Food Bar (\$0.20 Extra For Sauces)</b>			Lightly Sparking Water (Lime, Berry or Plain))		3.50
Egg and Bacon Muffin (cheese extra 50 cents)		3.50	Soft Drink 600ml Bottle (Sugar Free)		4.00
Brekky Wrap (bacon, egg and hashbrown with BBQ sauce)		4.50	Iced Tea 500ml Bottle (Low Sugar)		4.00
Hash Browns (Oven Baked) (H)(GF)(VE)		1.00	<b>From the Café Bar</b>		
Steamed Dim Sim (H)		1.00	Hot Chocolate		3.00
Homemade Sausage Roll		4.00	Café Latte (Lite / Full Cream Milk)		3.00
Pies	FROM	4.00	Cappuccino (Lite / Full Cream Milk)		3.00
Spicy Chicken Pocket or Burger (H)		5.50	Flat White (Lite / Full Cream Milk)		3.00
Chicken/ Beef Burger (H) (with lettuce)	FROM	4.50	Chai Latte		3.50
Oven Baked Wedges (H)(VE)		3.30	Espresso / Short Macchiato		2.50
Sweet Chili Chicken Tender (each) (H)		2.30	Long Macchiato		3.00
Sweet Chili Chicken Tender Wrap (H)		4.50	<b>EXTRAS</b>		
Vegetarian Spring Rolls (H)(VE)		3.00	Soy Milk/ Strong / Extra Shot		0.50
Devil Wings (H)	2 per serve	4.00	Medium Cup		3.50
Homemade Pizza Slice		4.00	Extra Large Cup		4.50
Beef or Vegetarian Nachos (H) (GF) (VR)	FROM	4.50	<b>Ice Cream</b>		
Chicken Souvlaki (H)		5.50	Calippo		1.50
Chicken Parma Wrap (H)		5.50	Icy Twist		1.50
Variety of Pasta(Spiral, Lasagne, Tortellini, Ravioli)(GFO, VR)	FROM	4.50	Paddle Pop		1.70
Variety of Rice (GF, VR), Curry, Noodle Meals	FROM	5.00	Paddle Pop Thick Shake		2.80
Roast Beef Roll (H)		5.50	Frozen Yoghurt Cup		1.70
Homemade Soup of the day (S) (H) (VE)(S)(GF)		4.50	<b>Snacks</b>		
Spinach and Cheese Spanakopita (H)(V)(VR)		5.00	Muffins (chocolate, blueberry, apple & cinnamon etc)		3.50
Pide (Spinach or Lamb) (H) (VR)		5.50	Cake Slices		2.50
Baked Potato (Vegetarian, Beef (H) or Bacon) (S)(GF)		5.50	Slices		2.00
			Red Rock Deli Chips (GF)		2.50

### LUNCH ORDERS

#### HOW TO ORDER

1. Go to [www.boccafoods.com.au](http://www.boccafoods.com.au)

2. Register an account for Yourself and Child/Children
3. Ensure you complete the correct YEAR LEVEL and CLASSROOM details
4. Select the food you wish to order to your basket
5. Pay for your order online using your credit card
6. Your Child's lunch will be picked up from a priority queue at the canteen at lunch

**Note:**

1. Items may not be available due to supplier stock - similar product will be provided.
2. Gluten Free and other Dietary needs are required to be pre-ordered

H – Halal  
V – Vegetarian  
S – Seasonal  
GF – Gluten Free  
GFR – Gluten Free Upon Request  
VE – Vegan  
VR – Vegan upon Request

