

SEVENOAKS COLLEGE GLUTEN FREE MENU

*** Items listed in red will have gluten and gluten free options... please ask for the gluten free option***

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Spinach/Ricotta roll.....\$4 Quiche..... \$4	Hot chips.....\$4			
NOODLE MEAL \$5	HOT LUNCH \$5	NASI LEMAK\$5	PASTA MEAL..... \$4	FRIED RICE..... \$4

<u>EVERYDAY HOT FOOD</u>	<u>EVERYDAY FRESH FOOD</u>	<u>EXTRAS</u>	<u>COLD DRINKS</u>
<p><i>Soup of the day..... \$3</i></p> <p>The following options are frozen and available upon request:-</p> <p>Spinach and ricotta roll Quiche Pasta meal Fried Rice</p> <p>Placing your order early will ensure your choice is available and ready when you are :)</p>	<p>salad bowls (made to order) Ham, Chicken, Tuna, Egg, Cheese Lettuce, carrot, tomato, cucumber, beetroot, pineapple, avocado, celery, onion, capsicum etc as available.....from \$3</p> <p>Sushi 5pce Teriyaki chicken.....\$5 Vietnamese Rolls prawn \$6</p> <p>Yogo/yoghurt from \$2.50 Fresh fruit\$1 Fruit salad\$3</p> <p>Cakes/ muffins/ slices baked fresh on premises where possible..... asstd prices</p>	<p>Rice sticks.....\$1 Vege chips.....\$1.50 Popcorn.....\$2.50 Selected chocolate 50c - \$2.00</p> <p><u>HOT DRINKS</u></p> <p>Hot chocolate.....small \$2.50 large \$3.50 Tea.....small \$2 large \$2.50 coffee espresso/ long black..... \$3 flat white/ latte/ cappuccino..... small \$3.50 large \$4 mocha.....small \$4 large \$4.50</p>	<p>Water 600ml.....\$1 Waterfords\$2 Pump water 750ml\$3 Juice.....small \$1.50 med \$3 Flavoured milk.....small \$2.50 large \$4.50 Up n go..... small \$2.50 Large \$4 Iced tea..... \$3.50 Diet Coke/Sprite..... \$4 Powerade..... \$4 Vitamin water..... \$4.50 Barista..... \$4.50</p> <p>Froyo2Go..... \$3.20 Icecreams/icypoles..... asstd prices Milo Scoop \$4</p>