MERCY REGIONAL COLLEGE

CANTEEN MENU

CAMPERDOWN ST PATRICK'S — DEEDS NOT WORDS ONLY

GO FOR IT! - Healthy Choice. Healthy Star Rating 3,4 & 5
GO EASY! - Occasional Choice
WHOA! - Rarely

(V) Vegetarian (VG) Vegan
(GF) Gluten Free

SANDWICHES/ROLLS/WRAPS

BUILD YOUR OWN DELI ITEM

Starting @ $2.00:

- **Bread:** Sourdough/Multigrain/GF
- **Rolls:** Sourdough/Multigrain
- **Wraps:** Sourdough/GF

- **Fillings @ $0.50 each:**
  lettuce/carrot/ tomato / pineapple/ cucumber/ beetroot
- **Fillings @ $1.00 each:**
  ham/ chicken/ falafel/ tuna/ egg/ spinach/ cheese

Complimentary condiments or serving options:
dairy spread/ mayonnaise/ salt & pepper
toastie/ jaffle

Please indicate your preference in NOTES.

Warm/Cold Cheese & Vegemite Scroll	$2.50
Warm/Cold Cheese & Bacon Roll	$2.50

HOT FOOD

Steamed Beef Dim Sims (3) w Soy Sauce	$3.00
Oven Baked Sweet Chilli Tender	$2.00
Oven Baked Chicken Nuggets (6)	$5.00
Hawaiian Pizza Pocket	$5.00
Meat Pie	$5.00
Small Meat Pie	$2.00
Sausage Roll	$6.00
Small Sausage Roll	$2.00
GF Meat Pie	$5.00
GF Small Meat Pie	$2.50
GF Sausage Roll	$6.00
GF Small Sausage Roll	$2.50
GF Vegetarian Spring Roll	$3.00
Noodle Cup Chicken or Beef	$3.00
Sweet Chilli Chicken Wrap or Roll *(Chicken Tender, Lettuce, Cheese, Chilli Sauce)*	$6.50
Chicken Schnitzel Wrap or Roll *(Chicken Schnitzel, Lettuce, Cheese, Mayo)*	$6.50

SPECIALS

Daily, Weekly and Seasonal menu options are conveniently located to view & order 24/7 online at **https://canteen.mercy.vic.edu.au/**

Over the counter ordering & cash sales remain available:
Monday - Friday — 8.30am -1.30pm

CHILLED ITEMS

Cheese & Artisan Crackers **(V)**	$3.50
Hummus & Sakata Crackers **(V)**	$4.00
Tzatziki & Sakata Crackers **(V)**	$4.00
Salsa & Corn Chips **(V)**	$4.00
Fruit Salad Cup **(GF, V, VG)**	$1.00
Pinapple Cup **(GF, V, VG)**	$1.00
Watermelon Cup **(GF, V, VG)**	$1.50
Fresh Fruit Salad Pod **(GF, V, VG)**	$5.00
Chia Coconut Power Pod **(GF, V, VG)**	$5.00
Salad Pod **(GF, V, VG)**	$6.00
Juicy Jelly Cup	$1.00

FROZEN ITEMS

Quelch Icy Fruit Tube - Berry	$0.50
Creamy Yoghurt or Sour Zing Fruit Tube	$1.00
GF Twisted Probiotic Yoghurt Cup	$2.50

SNACKS

Seasonal Fresh Fruit	$0.50
Yoghurt Frogs (4)	$0.50
Popcorn	$0.50
Savoury Crisps	$2.00
GF Banana Bread	$3.00
Hedgehog Slice	$2.50
Iced Doughnut	$2.50

COLD DRINKS

Natural Spring Water 600ml	$2.00
Sparkling Spring Water 500ml	$2.50
Dash Infused Sparkling Water 300ml *raspberry / peach / lemon*	$2.50
Nippy's 250ml Iced Milk *strawberry / chocolate*	$3.00
Nippy's 375ml Iced Milk *strawberry / coffee / chocolate / honeycomb*	$4.00
Just Juice 200ml *apple & blackcurrant / apple / orange / tropical*	$2.50
Emma & Toms 350ml Smoothie *Kick Starter / Green Power / KarmaRama*	$4.00