



Mamacita's
Healthy Cuisine

Hot Food		
Oven baked Potato Wedges		\$4.00
Oven baked chicken and potato wedges		\$5.50
Chicken burger (HM) (Chicken, lettuce, cheese, tomato & low fat mayo)		\$7.00
Chicken & Garlic Roll (HM)		\$5.00
Pasta Bolognese (Spirals) (HM)		\$4.00
Freshly made Mini Pizzas (HM) - Cheesy - Ham & Pineapple or Vegetarian		\$3.50 \$4.00
Garlic Bread (roll)		\$3.00
Kafta and Garlic Roll		\$5.00
Corn Cob		\$1.00
Beef Burger (HM) Ausie Burger (beef patty, lettuce, tomato, cheese & beetroot)		\$5.00 \$6.00
Beef Nachos (HM)		\$6.00
Fried Rice (HM)		\$5.00
Falafel Wrap (HM) (Falafel, Hummus, tomato and lettuce)		\$5.00
Hot chips baked		\$5.00
Noodle cup chicken(halal) Beef		\$4.00
Packaged Sauces - Tomato & BBQ (placed in lunch orders)		\$0.50c
Drinks		
Bottled Water - 600mL		\$2.00
Bottled Water - 250mL		\$1.00
Flavoured Milk (Chocolate or strawberry)		\$2.50

Cold Food & Super Healthy Salads		
Rice paper rolls (1) (HM) - Chicken & Veg - Vegetarian		\$3.50
Sushi (HM) - Tuna & Cucumber - Vegetarian - Chicken & Veg		\$4.00 \$4.00 \$4.50
Tuna Pasta Salad (HM)		\$5.00
Salad: without chicken -Garden Salad -Quinoa Salad -Tabbouleh with chicken		\$6.00 \$7.50

Fresh Fruit Surprise		
Fresh Fruit Salad - Container		\$3.00
Seasonal fruit		\$1.00
Frozen Treats		
Twisted Frozen Yoghurt		\$2.50
Snap Sticks		\$2.00
Paddle pops		\$2.00
Ice mony		\$2.00

Flash Brekky (8:15-8:30 am) Available Tuesday mornings		
Cheese Toastie		\$2.00
Raisin Toast (1 Serve)		\$1.00
Muffins		\$1.50
Up & Go (assorted flavours)		\$2.50
Assorted cereals		\$2.00
Hash brown		\$1.50

Pretzels		\$1.00
Plain popcorn		\$1.00
Red Rock Deli chips		\$2.00
Mamee noodles		\$1.50
Muffins Cup Cakes		\$2.50 \$1.50
Rice Snacks		.30c
Jelly Cups (sm) Jelly Cups (L)		\$1.00 \$2.00
Toasted Seaweed Snacks		\$1.50
Banana Bread		\$2.00
Yoghurt cups		\$3.00

Healthy Super Sandwiches Wraps/rolls/super sandwiches (HM)		
Grilled Chicken wrap (grilled chicken, lettuce, cheese, tomato)		\$6.00
Chicken burger- lettuce mayo		\$6.00
Muffins		\$5.00
Ham with cheese and tomato		\$3.50
Egg, Lettuce and Mayo		\$4.00
Chicken, lettuce and aioli		\$6.00
Cheese and tomato		\$3.50
Cheese		\$2.50
Tuna and tomato		\$4.00
Vegetrite		\$2.00
Salad: Cheese, lettuce, tomato, carrot, beetroot, cucumber		\$5.00
Ham		\$2.50
Tuna, lettuce and light mayo		\$4.50
Chicken or ham salad		\$5.00
extras: Cheese, Tuna, Ham -Lettuce, Tomato, Beetroot, Carrot, Cucumber (no butter will be used, unless specified)		\$1.00 .50c

Jaffies		
Cheese and Tomato Jaffle		\$3.50
Cheese Jaffle		\$3.00
Ham and Cheese Jaffle		\$3.50
Cheese, Ham and Tomato Jaffle		\$4.00
baked beans Jaffle		\$3.50

Weekly Menu		
Monday		
Oven baked nuggets (6)		\$4.00
Tuesday		
Meat pie (Beef)		\$4.00
Wednesday		
Hot Dogs		\$4.00
Thursday		
Beef Lasagna (HM)		\$6.00
Friday		
fried rice		\$5.00

Key:
Healthy rating scale: **Evergreen** , **Occasional**
HM : **Homemade**
No late orders turned away
No extra charge for packaging.
No extra charge for sauces served at the Canteen window- Tomato, BBQ, Sweet Chilli, Light Mayo
The Canteen will be open from 8.15am.. please see our friendly canteen staff for any assistance when completing lunch orders.
During 'breakfast time' only breakfast items will be sold.