



Viking Café Lunch Menu (Term 3, 2017)

Sandwiches

Chicken & Salad	4.0
Tuna & Salad	4.0
BLT (Bacon, Lettuce & Tomato)	4.0
Ham, Cheese & Tomato	4.0
Ham & Salad Wrap	4.5
Chicken Salad Wrap	4.5
Roast Beef Salad Wrap	4.5

Gourmet Pide and Focaccias

Chicken, Mixed Salad and Cheese	5.5
Cajun Style Chicken with Salad	5.5
Roasted Pumpkin, Spinach, Feta & Tomato Relish (v)	5.5

Toasted Sandwiches

Ham & Cheese	4.0
Ham, Cheese & Tomato	4.0
Chicken & Cheese	4.0
Raisin Toast (2 slices)	3.0

Sushi Roll

California	2.7
Honey Soy Chicken	2.7
Teriyaki Chicken	2.7
Teriyaki Beef	2.7
Tuna	2.7
Avocado	2.7

Healthy Salad Bowls

Chicken & Garden Salad	6.0
Pumpkin, Feta, Baby Spinach	6.0
Chicken Caesar Salad	6.0

Fruit

Watermelon Tubs - Small	1.8
Fresh Fruit Salad Tubs	2.5

Snack Attack

Muesli Pot	3.0
Rice Cake /Corn Thin (2 slices)	
-with Vegemite	1.0
-with Vegemite & Cheese	2.0
-with Tomato & Cheese	2.0
-with Ricotta & Salad	2.5
Yogurt with fruit puree/berries	2.5
Banana Bread (low gf)	2.0
Muffin	1.5
Cheese & Vegemite Scroll	2.5
Chocolate Chip Cookies	1.5

Drinks

Mt Franklin Water – 600ml	2.0
Mt Franklin Sparkling	2.5
Pump Water – 750ml	3.5
Plain Milk – 300ml	1.8
Plain Milk – 500ml	2.8
Flav Milk – 300ml	2.8
Flav Milk – 600ml	4.3
Nudie Soda 275ml	3.5
Nudie 250ml	2.5
Up & Go	3.0

Ice Blocks

Mini Calippo 50ml	0.8
Icy Twist	1.2
Paddle Pops	1.5
Paddle Pop Cup	2.5
Frozen Yogurt	1.5
Everest Vanilla Cup (gf)	1.0



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Hot to Go

Jacket Potato with Savory Lean Meat	4.5
Jacket Potato with Baked Beans (v)	4.0
Warmed Juicy Corn Cobette	1.0
Small Pizza Baguette	2.0

Sauces

Tomato/BBQ	0.3
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Gourmet Grill

Junior Chicken Burger	4.0
Junior Beef Burger	3.5

Daily Special

Monday

Stir-Fry Chicken with Vegetables and Steamed Rice (gf)	5.0
Beef Burrito with Tomato Salsa	5.0
Roasted Vegetables & Feta Pizza (6") (v)	4.5
Roasted Vegetables & Chicken Pizza (6")	4.5

Tuesday

Singapore Fried Rice (gf)	4.5
Spaghetti Bolognese	5.0
Oven Baked Potato Wedges with Sweet Chili Sauce & Low Fat Sour Cream (v)	4.0

Wednesday

Vegetarian Bake with Penne (v)	5.0
Spanish Chicken Paella	5.0
Quiche Lorraine	3.5

Thursday

Pasta with Tomato & Vegetables (v)	5.0
Thai Beef Rice Noodle Salad (gf)	4.5
Mexican Nachos	5.0

Friday

Tandoori Chicken with Rice (gf)	5.0
Chili Con Carne on Baked Potato	5.0
Stir-Fry Beef with Vegetables and Steamed Rice (gf)	5.0

100% Cashless

Churchie students and staff, please pay by your student or staff card at counter. Top up your account via myChurchie.

