



Viking Café Lunch Menu (Term 1, 2018)

Sandwiches

Chicken & Salad	4.0
Tuna & Salad	4.0
BLT (Bacon, Lettuce & Tomato)	4.0
Ham, Cheese & Tomato	4.0
Ham & Salad Wrap	5.0
Chicken Salad Wrap	5.0
Roast Beef Salad Wrap	5.0

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	2.8
Honey Soy Chicken	2.8
Teriyaki Chicken	2.8
Teriyaki Beef	2.8
Tuna	2.8
Avocado	2.8

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	2.0
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 250ml	2.5
Up & Go	2.5

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 Mince Meat	4.5
Jacket Potato with Baked Beans (v)	4.0
Warmed Juicy Corn Cobette	1.0
Small Pizza Baguette	2.5
Savory Roll (Mince beef with diced vegetables, potato, carrot, peas, onions in filo)	3.5

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 Wok Tossed Vegetables and Rice Noodles (vegetarian option is available)	5.3
Bacon and mushroom carbonara with spaghetti	5.3

Tuesday

Greek Style Chicken with Herbed Cous Cous & Baby Spinach	5.3
Penne Pasta Bolognese with Parmesan	5.3
Oven Baked Potato Wedges with Sweet Chili Sauce & Low Fat Sour Cream (v)	4.0

Wednesday

Mild Indian Butter Chicken with Garden Peas and Rice	5.3
Pasta Bolognese	5.3
BBQ Meat Lovers Pizza	4.5
Fried Rice with Shredded Egg, Bean Shoots and Spring Onion (v)	5.3

Thursday

Tomato Sugo sauce with Penne Pasta and Crumbled Feta (v)	5.3
Mexican Nachos	5.0
Viking Burger	5.0

Friday

Penne Pasta Bolognese with Parmesan	5.3
Chow Mein with Pork and Asian Cut Vegetables	5.3
Roasted Vegetables Pasta Bake (v)	5.3

100% Cashless

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