

# **JOHN TONKIN**

# **COLLEGE CAFETERIA**

# **MENU**

Welcome to the John Tonkin College Cafeteria, attached is our menu. If you would like to place an order please call us on 9583 7309 (7am-2pm) or come down and see us before 11am. If you have specific dietary requirements or allergies that don't fit in with our menu, let us know as we have lots of options we can prepare for you.

## **Opening Hours**

### **Monday-Thursday**

**7:45am-2.00pm**

### **Friday**

**7:45am-1:30pm**

If you have any other queries please email me at [emma.bridger@education.wa.edu.au](mailto:emma.bridger@education.wa.edu.au)

Thanks,  
Emma Bridger  
Canteen Manger

# JOHN TONKIN COLLEGE CAFETERIA MENU

## TERM 1 2018

(v)- Vegetarian

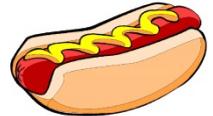
### BREAKFAST

Bacon and Egg English Muffin	\$3.70
Bacon, Egg and Cheese Toasted Wrap	\$5.00
(V) Hash Brown Triangles <u>2 for</u>	\$1.50
Toasted Ham and Cheese Sandwich	\$3.00
Toasted Ham, Cheese and Tomato Sandwich	\$3.00
Toasted Chicken, Cheese and Mayo Sandwich	\$3.00



### RECESS

Sweet Chilli Chicken Sub (Chicken chilli piece, lettuce and mayo in a roll)	\$4.00
Southern Chicken Sub (Southern chicken piece, lettuce and mayo in a roll)	\$4.00
Hotdog (Frankfurt sausage and tomato sauce)	\$4.00
Hotdog and Cheese (Frankfurt sausage, cheese, mustard and tomato sauce)	\$4.50
Hot Chicken Roll (Chicken, mayo and seasoning in a long roll)	\$4.50
Hot Beef Roll (Oven roasted beef and gravy in a long roll)	\$6.00
Chicken Chips	\$4.00
Pizza Singles	\$3.50
Toasted Ham Focaccia (Leg ham, cheese and tomato)	\$5.50
Toasted Chicken Focaccia (Chicken, cheese and mayo)	\$5.50
Toasted Ham and Cheese Sandwich	\$3.00
Toasted Ham, Cheese and Tomato Sandwich	\$3.00
Toasted Chicken, Cheese and Mayo Sandwich	\$3.00



## DAILY LUNCH SPECIALS

### Monday

Spaghetti Bolognaise	\$6.50
Apple and Cinnamon Muffins	\$4.50
Potato Bake	\$4.00



### Tuesday

Butter Chicken with Rice	\$6.50
Savoury Bacon and Cheese Muffins	\$4.50
Pasta Bake	\$4.00

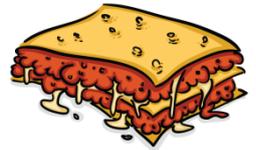


### Wednesday

Penne Carbonara	\$6.50
Blueberry Muffins	\$4.50
Zucchini Slice	\$4.00

### Thursday

Sweet Potato Cous Cous	\$6.50
Savoury Spinach and Cheese Muffins	\$4.50
Macaroni Bake	\$4.00



### Friday

Fried Rice and Chicken Wings	\$6.50
Chocolate Chip Muffins	\$4.50
Potato Bake	\$4.00



## PASTRIES (Available after 9.00am)

### Our Pie Range

Mrs Macs Beef Pie	\$4.50
Mrs Macs Beef, Cheese and Bacon Pie	\$4.70
Mrs Macs Chicken and Bacon Cruiser Pie	\$4.70
Mrs Macs Potato Topped Pie	\$4.70
Mrs Macs Pepper Steak Pie	\$4.50



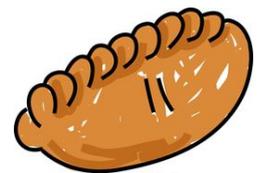
### Our Sausage Roll Range

Mrs Macs Homestyle Sausage Roll	\$2.70
Mrs Macs Giant Sausage Roll	\$3.80
(V) Mrs Macs Spinach and Ricotta Roll	\$3.80
Mrs Macs Bacon and Cheese Sausage Roll	\$3.80
Mrs Macs Big Aussie Roll	\$4.50
Mrs Macs Big Aussie Bacon and Cheese Roll	\$4.50



### Our Pastie Range

(V) Mrs Macs Vegetable Pastie	\$4.50
Mrs Macs Traditional Pastie	\$4.50
Mrs Macs Bacon and Egg Quiche	\$4.70



## WARM LUNCH MENU

### **Hamburger**

(Beef Pattie, lettuce, tomato, carrot,  
Fried onion and tomato sauce)

**\$5.50**

### **Hamburger with Cheese**

(Beef Pattie, cheese, lettuce, tomato,  
Carrot, fried onion and tomato sauce)

**\$6.00**

### **Chicken Burger**

(Crumbed chicken, lettuce and mayo)

**\$6.00**

### **(V) Veggie Burger**

(Veggie pattie, lettuce, tomato, carrot,  
Fried onion, cucumber and mayo)

**\$6.00**

### **Aussie Burger**

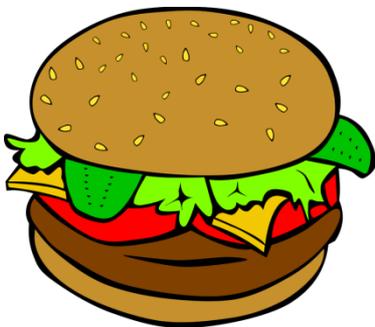
(Beef pattie, lettuce, tomato, carrot  
Beetroot, fried onion, pineapple and fried egg)

**\$6.50**

### **(V) Wedges**

(With sweet chilli sauce and sour cream)

**\$4.50**



## COLD LUNCH MENU

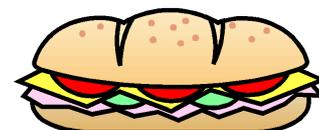
### Sandwiches

<b>BLT</b> (Bacon, lettuce, tomato and mayo)	\$5.50
<b>Turkey Cranberry</b> (Turkey, cheese, bacon, lettuce and cranberry)	\$5.50
<b>Chicken Avocado</b> (Chicken, avocado, cream cheese and lettuce)	\$5.50
<b>Honey</b> (Ham, cheese, tomato and lettuce)	\$5.50
<b>Chicken Schnitzel</b> (Chicken schnitzel, lettuce and mayo)	\$5.50
<b>(V) Egg</b> (Boiled egg, mayo, lettuce)	\$5.50



### Rolls

<b>Ham Salad</b> (Ham, cheese, lettuce, tomato, carrot,)	\$6.50
<b>Chicken Salad</b> (Chicken, lettuce, tomato, carrot)	



### Salads

<b>Caesar Salad</b> (Lettuce, egg, bacon, parmesan, Caesar dressing And croutons)	\$6.50
<b>Chicken Salad</b> (Chicken wings, lettuce, tomato, cucumber Cheese, egg, beetroot and Italian dressing)	\$6.50
<b>Garden Salad</b> (Egg, cheese, cucumber, tomato, lettuce, beetroot, carrot and Italian dressing)	\$5.50



## Something Sweet

Carrot Cake  
Carmel Slice  
Rocky Road  
Brownie Slice  
Lamington  
Custard Tart  
Vanilla Slice  
Coconut Slice  
Chocolate Chip Cookie  
Smartie Cookie



## Something Healthy

Fruit Salad  
Cheese and Biscuits  
Flavoured Yoghurt  
Fruit and Yoghurt  
Fruit and Nuts



## Something to Snack on

Potato Chips  
Assorted Chocolate Bara  
Mixed Lollies  
Muesli Bars  
Beef Jerky

