

DELANY COLLEGE

~ FOOD CODING ~

G	Green - fill the menu
A	Amber - select carefully
R	Red - only occasionally
GF	Gluten Free



HEALTHY START

~ HOT FOOD ~

Bacon Roll (A) $3.50
Egg Roll (G) $3.50
Bacon Egg Roll/Wrap (A) $4.00

Breakfast Meal Deal (A)
Egg & bacon roll or wrap & a small flavoured milk $5.50
Toasted banana bread & a small flavoured milk $5.50

Toasted Sandwiches (G)
Cheese $3.50
Ham & cheese $3.80
Ham, cheese & tomato $4.00

Toast (G) *Jam or honey* $2.00

~ COLD FOOD ~

Fresh Fruit Salad (G) (GF) *Seasonal Fruit & Yoghurt* $4.50
Yoghurt & Muesli (G) (GF) $4.00
Yoghurt & Berries (G) (GF) $4.00

Fruit (G)
Fruit available daily $1.00
Fresh Fruit Salad $4.00

Cereal & milk (G) *Assorted* $2.50



HOT DISHES

~ HOT MEALS ~

Special Fried Rice (G) $4.50
Butter Chicken (A) *With rice* $5.50
Mongolian Beef (A) *With rice* $5.50
Sweet & Sour Pork (A) *With rice* $5.50
Stir Fry Vegetarian Noodles (G) $5.50

~ PASTA ~

Lasagna (G) $5.50
Homemade beef
Homemade vegetarian

Pasta (G) Penne $5.50
Vegetarian
Char grilled vegetables & salsa

Penne Boscaiola (A) $5.50
Mushroom, ham, cream sauce

Fettuccine Chicken (A) $5.50
Sun-dried tomatoes, chicken, cream sauce

Spaghetti Bolognese (G) $5.50

WE CAN ALSO CATER THE ABOVE DISHES GLUTEN FREE

~ PIES ~

Lean Beef Pie (A) $3.50
Lean Sausage Rolls (A) $3.30
Lean Shepherd's Pie (A) $3.80
Spinach & Ricotta Roll (A) $3.50

~ HOME MADE PIZZA SLAB ~

Margarita (G)
Cheese & Tomato $4.00

Vegetarian (G)
Olives, eggplant & roast capsicum $4.50

Hawaiian (G)
Ham & Pineapple $4.50



HOT BAR

Gourmet Burger (A) $5.00
Fresh beef, onion, bbq sauce, beetroot, tomato & lettuce

Chicken Caesar Burger (A) $5.00
Grilled chicken, Caesar dressing, bacon, crouton & cos lettuce

Cheese Burger (A) $5.00
Fresh beef patty, cheese, fresh tomato & tomato sauce

Veggie Burger (G) $5.00
Chickpea & lentil pattie, yoghurt, avocado, beetroot, alfalfa & cheese

Peri Peri Portuguese Burger (A) $5.00
Portuguese chicken, peri peri sauce & lettuce

Chicken Burger (A) $5.00
Fresh chicken pattie, lettuce & mayo

Hot Chicken Schnitzel Roll (A) $5.00
Chicken schnitzel, lettuce & mayo

Sweet Chilli Chicken Tender Roll (A) $5.00
x 2 sweet chilli chicken, lettuce & mayo

Oven Baked Wedges (A) $4.00
With sweet chilli and sour cream



COLD BAR

~ WRAPS (G) ~

Single $3.50 | *Double* $5.50

Sweet chilli chicken, salad & cheese
Chicken Caesar, croutons, bacon, cheese & Caesar dressing
Falafel, tabouli, cucumber, lettuce & hommus
Chicken tandoori, yoghurt, cucumber & lettuce
Chicken schnitzel, tabouli, hommus, tomato & lettuce

~ SUSHI (G) (GF) ~

Chicken Teriyaki (G) $3.50
Tuna (GF) (G) $3.50
Crab cucumber roll (GF) (G) $3.50
Vegetable (GF) (G) $3.50



SAVOURY

~ SANDWICH BAR ~

Chicken (G) $4.00
Lettuce & mayonnaise

Turkey (G) $4.00
Cranberry, alfalfa, cheese

Cheese Tomato (G) $3.50
Cheese & tomato

Smoked Ham (G) $4.00
Cheese & tomato

Chicken Schnitzel (G) $4.00
Hommus & tabouli

Salad (G) $4.00
Lettuce, tomato, cucumber, beetroot, onion & alfalfa

Egg (G) $3.50
Mayo & lettuce

Falafel (G) $4.00
Lettuce, tomato, cucumber & yoghurt

Tuna (G) $4.00
Mayo, cucumber & Spanish onion

Vegetarian (G) $4.50
Grilled eggplant, lettuce, sundried tomato, roast capsicum

Breads (G) *White, wholemeal or multigrain*

Wrap	$1.00
White roll	$0.80
Turkish/Focaccia	$1.00

~ TURKISH BREADS ~

Chicken Schnitzel Delight (A) $5.50
Chicken schnitzel, roast capsicums, pesto & cheese

Chicken Delight (A) $5.00
Roast chicken, avocado, sundried tomatoes & cheese

Mediterranean Delight (A) $5.00
Olives, artichokes, roast capsicum & fetta cheese

Vegetarian Delight (A) $5.00
Eggplant, sundried tomatoes, roast capsicum & cheese

Ham Delight (A) $5.00
Smoked ham, sundried tomatoes, olives & cheese

Turkey Delight (A) $5.00
Roast turkey, cranberry sauce & cheese



SALADS

Greek Salad (G) (GF) Small $4.00 ~ Large $5.00
Tomato, cucumber, onion, capsicum, olives and feta

Chicken Avocado pasta salad (G) Small $4.00 ~ Large $5.00
Onions, mayonnaise, avocado, chicken, tomatoes, red pepper and parsley

Tuna pasta salad (G) Small $4.00 ~ Large $5.00
Tuna, capsicum, onion, carrot, parsley & pasta

Pesto pasta salad (G) Small $4.00 ~ Large $5.00
Pesto, olives, sundried tomatoes & carrot

Pumpkin Salad (G) (GF) Small $4.50 ~ Large $5.50
English spinach, pine nuts & feta cheese

Garden Salad (GF) Small $3.50 ~ Large $4.50
Mesclun lettuce, cherry tomatoes, cucumber, carrot, capsicum & sprouts

Potato Salad (G) (GF) Small $3.00 ~ Large $4.00
Potato, parsley, Spanish onion & mayo

Chicken Caesar (G) Small $4.50 ~ Large $5.50
Cos lettuce, Caesar dressing, bacon and croutons

Green Bean (G) (GF Small $3.50 ~ Large $4.50
Mixed beans with dressing

Tabouli Salad (G) Small $4.00 ~ Large $5.00
Parsley, tomato, wheat germ & dressing

Thai Noodle Salad (G) Small $4.50 ~ Large $5.50
Vermicelli noodles, cucumber, mint, coriander, capsicum, carrot & dressing



BEVERAGES

~ COLD DRINKS ~

Juice 250ml (A) $2.50
Orange, orange mango, orange passionfruit, apple

Juice 500ml (A) $3.50
Orange, orange mango, orange passionfruit, apple

Water (G)

Spring water 600ml	$2.00
Spring water 750ml	$3.00

Milks – Low Fat (G)

300ml (G) $2.50
Chocolate, strawberry, iced coffee

600ml (G) $3.50
Chocolate, strawberry

500ml Dare (G) $4.00
Espresso or Mocha

Flavoured Milkshakes (A) $4.00
Chocolate, strawberry, vanilla, caramel