### Breakfast Menu

**7:45am to 8:30am**

- **Raisin Toast (2 slices, buttered)** $2.00
- **Toasted Sandwiches** $4.00
- **Bacon & Egg Pastries** $4.00
- **Fresh Fruit Salad** $3.50
- **Frozen Yoghurt** $2.30
- **Milk (Big M)** Large $3.00, Small $2.00
- **Poppers 100%** $1.00
- **Orchy Juice** $2.00
- **1 Lt Golden Circle Juice** $3.00

### Available Daily

#### Hot Food

- **Rounda** $3.00
- **Chicken Chips** $2.80
- **Hot Dog** (plain) $3.50, (with cheese) $4.00
- **Garlic Bread** $1.20
- **Meat Pies** $4.00
- **Homemade Healthy Sausage Roll** $3.00
- **Sausage Rolls** (mince) $2.70, (spinach & ricotta) $3.00
- **Pasta Bolognaise** (small) $4.00, (large) $5.00
- **Homemade Beef Lasagne** $5.50
- **Homemade Vegetable Lasagne** $5.50
- **Chicken & Gravy Roll** $4.50
- **Wedges** $2.50

#### Toasted Foccacia

- **Chicken, Avocado & Cheese** $5.90
- **Tandoori Chicken, Baby Spinach and Cheese** $5.90

#### Sweets

- **Muffins** (made daily) $2.00
- **Cookies** $1.00
- **Home Cooking from** $1.00
- **Homemade Choc Chunk Cookie** $2.00
- **Chips** $1.50

#### Sandwiches or Rolls

- **Fresh Fruit Salad** $3.50
- **Frozen Yoghurt** $2.30
- **Ice Cream** $1.00 to $2.00
- **Fruit** $1.00

#### Sandwiches or Rolls

- **Sandwiches or Rolls** (2 slices of bread white or brown) $4.50
- **Egg, Lettuce & Mayo** $3.50
- **Chicken Chilli Tender Rolls** $5.00
- **Toasted Sandwiches** $4.00

### Wraps

- **Flame Grilled Chicken** $5.50
- **(Lettuce, cheese, mayo & flamed grilled chicken)**

### Salad Bowls

- **Salad Bowls (mayonnaise extra 50c)**
  - **Plain** $4.70
  - **Ham / Chicken / Tuna** $5.00

### Drinks

- **Water** $2.00
- **Mineral Water** $2.50
- **Milk (Big M)** Large $3.00, Small $2.00
- **Poppers 100%** $1.00
- **Orchy Juice** $2.00
- **1 Lt Golden Circle Juice** $3.00
- **LOL** $2.00

### Daily Specials

#### Monday

- **Marinated Pork Wrap** $5.50
  - (lavash, pork riblet, lettuce, cheese, carrot & red onion)
- **Chicken Twis** $5.50
  - (lavash, 2 chilli chicken tenders, lettuce, cheese, carrot, red onion & mayonnaise)
- **Chicken Basket** $5.50
  - (2 chilli chicken tenders & wedges)

#### Tuesday

- **Chicken Fillet Burger** $5.50
  - (chicken, cheese, lettuce, mayo, carrot, tomato)

### Gluten Free Menu

**Orders only**

- **Butter Chicken & Rice** $6.00
- **Stuffed Potato** $5.00
- **Salad Bowl** $4.70
- **Salad Bowl** $5.00
  - (with meat, chicken or tuna)
  - (mayonnaise extra 50c)
- **Toasted Sandwiches** $4.00

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**Baxter Drive, North Mackay • Ph: 07 4969 2600 • www.hsc.qld.edu.au**
The Spirit Café caters for ALL students.

The Spirit Café is open for breakfast from 7:45am to 8:30am and then re-opens for both lunch breaks each day.

Our menu is extensive and the complete menu is offered to students on any day. We offer a Gluten Free menu.

All food is prepared fresh each day and meets all requirements of the Queensland Government “Smart Schools”.

To place orders with the Spirit Café, you must go to the Spirit Café prior to the commencement of the school morning and complete your order on a brown paper bag provided, then place your order and money with the friendly Spirit Café staff.

Orders will be prepared for your collection at lunch breaks.

Friendly service… Great staff …

Volunteers welcome!