



Moriah College
בית ספר הר המוריה



The Hub operates from 7:30am to 2:30pm
with limited service until 4:00pm

Daily specials

Lunch Options



Monday

Vegetarian burger VG \$7
Poke bowl GF.VG \$7
includes brown rice, carrot, cucumber, medley of cabbage, tofu,
edamame & dressing

Extras

Avocado VG.GF \$3
Salmon GF \$3

Tuesday

Teriyaki salmon, Persian rice & vegetables \$10
Spinach & cheese cannelloni \$7

Wednesday

Macaroni cheese \$6
Chickpea, lentil and tomato casserole on basmati VG.GF \$8
Rocket, hot smoked salmon, cherry tomato, and cucumber salad with
creamy honey dressing \$10

Thursday

Tuna lasagna \$7
Rocket, roast butternut, beetroot, feta, roasted pumpkin seeds and
poppyseed salad \$10

Friday

Teriyaki salmon, savoury rice & vegetables \$10



The hearty wrap

- Roasted pumpkin, rocket & feta \$6
- Falafel wrap with a difference \$6
(no tahini, no hummus - just yummy!)

Between the slices

Choose your bread & select your filling - toasted or plain

- Turkish VG \$2.50
- White VG \$1
- Multigrain VG \$1
- Wholemeal VG \$1
- Bagel VG \$2
- Gluten free bread VG.GF \$2

Choose your filling

- Smoked salmon & cream cheese \$5
- Tuna mayo | egg mayo | curried egg mayo \$4 ea
- Grated cheese | cream cheese \$2.50 ea
- Fried egg \$2
- Avocado \$3
- Lettuce | rocket | tomato | cucumber | pickles | beetroot
sliced onion | capsicum | shallots | butter | honey
vegemite | jam \$0.50 ea

The faithful spud



- Your spud VG.GF \$2

Now add your toppings

- Smoked salmon & cream cheese \$5
- Tuna mayo | egg mayo | curried egg mayo \$4 ea
- Grated cheese | cream cheese \$2.50 ea
- Avocado \$3
- Lettuce | rocket | tomato | cucumber | pickles | beetroot

In the fridge



Available from 7:30am

- Muesli & yoghurt cup..... \$5
- YoghurtGF \$3.50
- Fruit salad cup..... VG.GF \$4

Available from 11am

- Hard boiled eggGF \$1.20
- Pickles GF.VG \$1.20
- Assorted whole fruits GF.VG \$1.20
- Snack cup – Carrot, cucumber, celery, cherry tomatoes..... GF.VG\$4

Available from 12pm

- Greek saladGF small \$5 | large \$7
- Tuna saladGF small \$5 | large \$7
- Garden salad - lettuce, tomato, carrot, cucumber, capsicum, shredded red cabbage GF.VG (one size) \$5
- Steamed rice..... GF.VG \$3
- Plain pasta VG \$3.50
- Pasta with napolitana sauce VG \$4.50
- Pasta with cheese \$4.50
- Pasta with napolitana sauce & cheese \$4.50
- Mini margherita pizza \$5
- Cheese boreka.....\$3
- Potato boreka\$3
- Spinach boreka\$3
- Hash brown..... VG \$2
- Fish fingers & chips (Primary School only) \$6



Sushi & Vietnamese rice rolls



Available from 12pm

- Tuna GF per roll \$3.50
- Tuna & avocado GF per roll \$3.50
- Avocado VG.GF per roll \$3.50
- Cucumber VG.GF per roll \$3.00
- Cucumber & avo VG.GF per roll \$3.50
- Salmon & cucumber GF per roll \$3.50
- Vietnamese veg & rice noodle rolls VG.GF two rolls \$7

Birthdays

Orders must be submitted at least one week ahead



- Icy cups available for whole class..... \$1 ea
- Bags of popcorn available for whole class \$1 ea

Available to order for your child's classmates to celebrate your child's birthday. Whole-class orders only.

Delivery will be made to the birthday child's class prior to lunch.

Orders to be emailed to hub@moriah.nsw.edu.au - please clearly specify your choice, number of items required, your child's name and class.

Credit card details can be included in the email or phoned through on 9375 1760.



From the shelf

Available from 7:30am

- Sweet potato chips VG \$4
- Dried mangoVG.GF \$5
- Piranha soy crisps\$3.50
- Piranha sea salt potato grills \$4
- Crispy beetroot chips..... VG \$4
- Crispy green peas VG \$4
- Popcorn GF.VG \$2
- Bissli VG \$2
- Fruit straps.....VG \$1.50
- Crispy fruit crisps..... GF.VG \$2
- Soft & chewy granola bar VG \$2
- Yummy bites (mini Oreos) VG \$2.50
- Chiccas chips..... \$4



Slices & cookies

- Home made slices of the day \$4
- Muffin of the day.....\$3.50
- Chocolate chip cookies.....\$3
- Banana bread slice.....\$3
- Bliss balls - health friendly date & oat balls\$3
- Palmier.....\$2
- Bite sized brownie\$1
- Gingerbread people..... VG \$3
- Gingerbread people (Gluten free)..... GF.VG \$3

Frozen treats & drinks

- Nippys frozen juice cup VG.GF \$1
- Weiss ice cream bars\$3.50
- Nippys iced drinks 250ml (choc, strawberry, honeycomb) GF \$2.50
- Nippys Iced drinks 500ml (ice coffee, choc, strawb - HS only)GF \$4
- Liptons Iced tea (HS only)..... VG.GF \$4
- Wild sparkling drinks (HS only) VG.GF \$4
- Juice in a box (250ml) VG.GF \$2
- Nippys fruit juice (350ml)VG.GF \$3.50
- Water VG.GF \$3
- Frozen smooze VG.GF \$2
- Sparkling water\$3
- Sparkling San Pelligrino pomegranate and orange (HS only)\$4
- MiloGF \$3
- Coconut water VG.GF \$4

VG = vegan

GF = gluten free

All items in The Hub
are nut free and sesame aware