



THE WAY

**TERM 3: THURSDAY 24
AUGUST 2017**





COOKING UP A STORM IN THE CAFETERIA

You are what you eat - digest that for a second. Now, can you guess what the favourite dish on the MRK menu is?

Cheese pizza and spinach gozleme are the topic picks among students. Closely followed by the Hawaiian and meatlovers pizza. The gozleme uses spinach freshly picked from the school garden and the pizza base is a Greek pita bread.

The busiest day of the week for orders is a Friday and, when it comes to logistics in the kitchen, Friday and Monday are the staff's busiest days of the week.

This week, cook Maureen Jones made a spice mix from scratch in preparation for butter chicken on Tuesday. You've got to get in quick though! Orders can be made via [MunchMonitor](#). If you don't order, only a limited number of servings of hot dishes are available on the day.

Roasted vegetables with a Napoletana sauce are a great vegetarian option and brown rice with vegetables is gluten free.

Cafeteria Manager, Hanan Longbottom, said their day starts at 7.30am, prepping for recess and lunch.

Menu items are on a fortnightly rotating roster to mix it up for the College Community.

Every day fresh bread from a bakery arrives - a white slice and Turkish bread are the most popular in their ordering. They're both low in sugar.

"We're super conscious about what is being consumed," she said.

It's on the cusp of spring and Mrs Riitano's Kitchen staff are keen to introduce the summer menu next term.

"We can't wait for summer - expect salads, fruits, yoghurts and wraps."