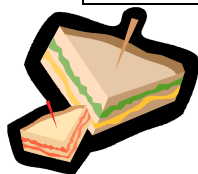


SANDWICHES



(Lunch orders only)

*Low GI white or wholegrain bread.

Plain	\$1.00
Strawberry Jam	\$1.20
Vegemite	\$1.20
Baked Beans	\$1.50
Cheese	\$1.50
Vegemite & Cheese	\$1.70
Egg (plain or curried)	\$2.00
Tuna	\$2.00
Chicken (sliced breast)	\$2.50
Ham	\$2.50
Ham & Salad	\$4.00
Salad sandwich	\$2.80
(carrot, cucumber, lettuce & tomato)	

Extras

Round Crusty Roll	
Small roll	\$0.60
Large roll	\$0.70
Mayonnaise	\$0.10
Tomato Sauce	\$0.20

Add for extra items;

Beetroot, Pineapple, Carrot, cucumber, lettuce, tomato	\$0.30
+ Cheese	\$0.40
+ Salad	\$1.60
+ Boiled Egg	\$0.50

Sushi remains avail Tues & Thurs

*Paper Bags (each) \$0.05



HOT FOOD

Corn on the cob \$0.80

Chicken Sticks (3 STICKS) \$1.20
Maximum 2 bags only...

Sweet Chilli Chicken Tender \$1.50

Hot Dogs (low fat, salt reduced) \$2.20
Sauce portion \$0.20

Tub of Fried Rice \$2.30

Sausage Roll – Small \$1.20
Large \$2.40

Pizza – small round (H&P) \$2.00
Pizza Slab - Margarita \$2.50

✓ **Fresh Seasonal fruit available daily.**

Fresh Apple Slinked \$0.60
*Apple from home slinked \$0.00

Side Salad Tub \$3.00
Lettuce, tomato, cucumber, carrot & pineapple ring



WEDNESDAY ONLY LUNCH SPECIAL \$4.00

Your choice of **Wrap:**
1 serve of chicken sticks and salad wrap
OR
A sweet chilli chicken tender / salad wrap

OR TRY a ROLL
Tuna, corn, lettuce, carrot, and mayo roll
PLUS
A bottle of water!!!!

Pick & mix + drink available everyday!!



\$4.00

Your choice of **5** of the following 10 items:

- meat (chicken or ham)
- cheese slice
- cucumber slices
- orange pieces (2)
- egg
- carrot sticks
- beetroot
- pineapple
- bread & butter triangle (2)

Plus

Pick a juice, **water** or milk.



COLD DRINKS & SNACKS

Bottle Water	\$1.00
Plain Milk	\$1.00
Flavoured Milk (low fat) (choc/strawberry)	\$1.20
Berri Juice (100% Juice)	\$1.30
Thorpedo Water	\$1.60
Custard Cup (counter sales only)	\$1.00

Sultanas (per scoop)	\$0.10
Ot's (per scoop)	\$0.30
Grissini Bread Stick	\$0.60
Pretzels	\$0.70

Sunrise Rice Cake (bbq or chicken flavour) \$1.00

Fruit Strap - Berry	
100% fruits	\$0.70
Flavoured Popcorn (plain, bbq, chick, salt & vinegar)	\$1.00
Piranha snacks	\$0.90
hot shots	\$0.70

Fresh Baked Muffins \$0.90

- Apple & cinnamon
- Vanilla choc-Chip
- Dbl choc. Chip



FROZEN TREATS

❖ Lunch time only.

Orange Pieces	\$0.10
Pineapple Ring	\$0.50
Frozen Fruit Yoghurt	\$1.50
Quelch Fruit Sticks - 99% juice	\$0.50
Blizzard Ice Cups (fruit)	\$1.60
Streets Ice-Creams prices vary!!	