



# BREAKFAST

|                                  |                 |
|----------------------------------|-----------------|
| Toast or Raisin Toast (2 slices) | \$2.00          |
| Toasted Ham & Cheese Sandwich    | \$5.00          |
| Yoghurt                          | \$2.50          |
| Fresh Fruit                      | \$1.00 - \$1.50 |
| Tea                              | \$2.00          |
| Hot Chocolate                    | \$2.00          |

# COLD DRINKS

|                                       |                 |
|---------------------------------------|-----------------|
| Oak Milk Varieties 300ml              | \$2.50          |
| Nippy's Reduced Fat Milk 375ml        | \$3.00          |
| Slush Puppies Small / Medium          | \$2.30 / \$3.30 |
| Prima Varieties                       | \$1.20          |
| Nippy's Juice Varieties 350ml         | \$3.50          |
| Sugarfree Schweppes Lemon or Lemonade | \$2.50          |
| Sugarfree Sparkling Water Varieties   | \$2.50          |

# SNACKS

|                                 |        |
|---------------------------------|--------|
| Biscuits (3 Pack)               | .60    |
| Cheese square                   | \$1.20 |
| Carrot <u>OR</u> Celery Sticks  | .60    |
| Red Rock Deli Chips/ Grainwaves | \$2.50 |
| Homemade Cakes & Muffins        | \$1.50 |
| Homemade Slices                 | \$2.50 |
| Rumballs                        | \$3.00 |

# FROZEN SNACKS

|                          |        |
|--------------------------|--------|
| Zings                    | \$1.00 |
| Icy Twists               | \$1.20 |
| Callipo                  | \$1.20 |
| Paddle Pop               | \$1.50 |
| Frozen Yoghurt Varieties | \$2.50 |

# FRUIT

|                      |        |
|----------------------|--------|
| Assorted Fresh Fruit | \$1.50 |
|----------------------|--------|

# DESSERTS

|                                    |        |
|------------------------------------|--------|
| Fruchee                            | \$2.60 |
| Reduced Fat Yoghurt Varieties      | \$2.50 |
| Small Reduced Fat Mousse Varieties | \$2.00 |
| Custard                            | \$1.50 |
| Jelly                              | \$1.00 |



**LUNCHES MUST BE ORDERED BEFORE SCHOOL OR AT RECESS AS THERE ARE NO SPARES.**

## DAILY SPECIALS \$6

**MONDAY** -Traditional OR Spinach & Ricotta Lasagne (\$5.50)

**TUESDAY** - MILD Thai Green Curry with Basmati Rice

**WEDNESDAY** - Long Spaghetti & Homemade Meatballs served in tomato sauce

**THURSDAY**- Butter Chicken served with Steamed Rice

**FRIDAY** - Penne Pasta served with Bolognese Sauce

## SANDWICHES & ROLLS

ALL WRAPS AND ROLLS ARE WHOLEGRAIN UNLESS WHITE IS SPECIFIED ON THE LUNCH ORDER. ALL SANDWICHES ARE WHOLEGRAIN--SANDWICHES

TOASTED ON REQUEST. 50c--

**Salad Only** - Lettuce, Tomato, Carrot, Beetroot, Cheese. **\$4.50**

**ADD** Chicken OR Tuna \$1.50 each

**ADD** Ham \$1.00

**ADD** Avacado OR Pineapple \$1.00

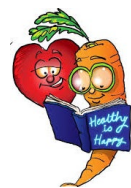
**ADD** Egg \$1.00

**ADD** Tomato .50c

**ADD** Mayo .30c

**Egg & Lettuce** **\$5.00**

**Chicken & Cheese** OR **Chicken, Lettuce & Mayo** **\$5.00**



## COLD WRAPS

**Salad Only-** Lettuce, Tomato, Carrot, Cucumber, Capsicum **\$5.00**  
Cheese & Mayo.

**ADD** Chicken OR Tuna \$1.50 each

**ADD** Ham \$1.00

**Egg & Lettuce** **\$5.50**

**Chicken with Lettuce & Mayo** **\$5.50**

## HOMEMADE SOUP

Vegetable, Pumpkin OR Chicken & Corn Soup **\$2.50**

Roll/Bread **\$1.00**

## WARM WRAPS

Sweet Chilli Tenders with Sauce & Cheese **\$6.00**

BBQ – Plain Tenders with Cheese & BBQ Sauce **\$6.00**



## BURGERS

Chicken Burger / Vegie Burger / Schnitzel Burger **\$6.00**

with Lettuce, Cheese & Mayo.

OR

**WITH THE LOT** includes Burger (choose from above) **\$6.80**

& Lettuce, Cheese, Mayo, Tomato, Carrot & Beetroot

## TURKISH BREADS

Ham & Shredded Cheese with BBQ sauce **\$5.50**

Crumbed Chicken, Cheese & Sweet Chilli sauce **\$6.00**

## HOT FOODS

Nachos **\$5.50**

**ADD** Light Sour Cream .60c

Grays Pizza **\$3.50**

Pizza Singles (Ham & Cheese OR Ham & Pineapple) **\$3.30**

Light Pie OR Pepper Steak Pie **\$3.80**

Light Sausage Roll **\$3.20**

Light Pastie **\$3.80**

**ADD** Tomato Sauce .20c

Ham & Cheese Focaccia **\$5.20**

Chicken & Cheese Focaccia **\$5.70**

ALL OF OUR MEALS ARE HOMEMADE WITH REDUCED FAT INGREDIENTS.