



BREAKFAST

Toast or Raisin Toast (2 slices)	\$2.00
Toasted Ham & Cheese Sandwich	\$4.80
Yoghurt	\$2.50
Fresh Fruit / Tubs	\$1.50 - \$3.00

FROZEN SNACKS

Zings	\$1.00
Icy Twists	\$1.20
Callipo	\$1.20
Paddle Pop	\$1.50
Frozen Yoghurt Varieties	\$2.50
Sugar free zooper dooper	\$1.00



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	\$2.00

FRUIT

Assorted Fresh Fruit	\$1.50
Fruit Salad Tubs	Large \$3.00 / Small \$1.50
Watermelon Tubs	Large \$3.00 / Small \$1.50
Grapes Tub	\$1.50
Strawberries Tub	\$2.00

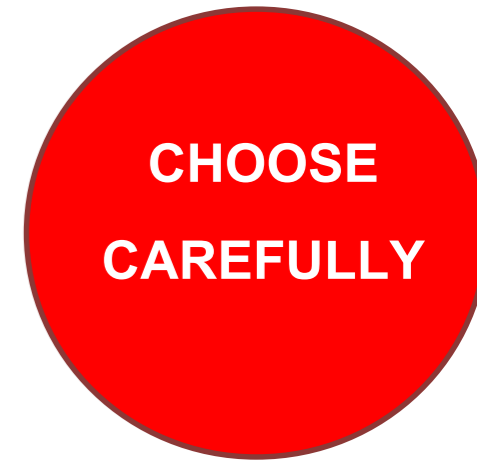


SNACKS

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

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.**

FOCCACIA/TURKISH BREADS

Ham & Cheese	\$5.50
Chicken & Cheese	\$6.00
Ham, Roasted Capsicum, Cheese, Baby Spinach with Aoli	\$6.50

WARM WRAPS

Sweet Chilli Tenders with Sweet Chilli Sauce & Cheese	\$5.50
BBQ – Plain Tenders with Cheese & BBQ Sauce	\$5.70
Mexican – Plain Tenders, Salsa, Cheese & Sour Cream	\$6.00

BURGERS

Chicken Burger, Cheese, Lettuce & Mayo	\$6.00
Schnitzel Burger, Cheese, Lettuce & Mayo	\$6.00
Schnitzel Burger with the Lot	\$6.80
<i>WITH THE LOT includes Burger (choose from above) & Lettuce, Cheese, Mayo, Tomato, Carrot & Beetroot</i>	

HOT FOODS

Nachos	\$5.50
ADD Light Sour Cream \$0.60	
Grays Pizza	\$3.50
Pizza Singles (Ham & Cheese <u>OR</u> Ham & Pineapple)	\$3.30
Light Pie <u>OR</u> Pepper Steak Pie	\$3.80
Light Sausage Roll	\$3.20
Light Pastie	\$3.80
ADD Tomato Sauce \$0.20	
Toasted Ham & Cheese Sandwich	\$4.80
Toasted Chicken & Cheese Sandwich	\$4.80

SALAD TUBS

<u>Garden Salad Tub</u> – Lettuce, Tomato, Carrot, Cucumber, Capsicum & Cheese	\$5.00
<u>Caesar Salad Tub</u> – Cos Lettuce, Croutons, Bacon, Egg, Parmesan Cheese & Caesar Dressing	\$5.00
<u>Potato Salad</u> – Potato, Spring Onions, Herbs, Bacon & dressing	\$5.80
<u>Pasta Salad</u> – Pasta, Capsicum, Spring Onion, Herbs, Bacon & Dressing	\$5.50

ADD Chicken \$1.50 ADD Mayo 50c



COLD WRAPS

<u>Salad Only</u> - Lettuce, Tomato, Carrot, Cucumber, Capsicum, Cheese & Mayo	\$5.00
ADD Chicken <u>OR</u> Tuna <u>OR</u> Ham	\$1.50 each
Chicken, Lettuce & Mayo	\$5.00
Egg & Lettuce	\$5.00

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--

<u>Salad Only</u> - Lettuce, Tomato, Carrot, Beetroot, Cheese	\$5.00
ADD Chicken <u>OR</u> Tuna <u>OR</u> Ham	\$1.50 each
Egg & Lettuce	\$5.00
Ham & Cheese	\$4.50
Chicken & Cheese	\$4.50
Chicken with Lettuce & Mayo	\$5.50

ALL OF OUR MEALS ARE HOMEMADE WITH REDUCED FAT INGREDIENTS.