



BREAKFAST

Toast or Raisin Toast (2 slices)	\$2.00
Toasted Ham & Cheese Sandwich	\$4.80
Yoghurt	\$2.50
Fresh Fruit	\$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 Varieties	\$2.50

SNACKS

Biscuits (3 Pack) with cheese	\$1.80
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

Quelch	\$1.00
Icy Twists	\$1.20
Callipo	\$1.20
Paddle Pop	\$1.50
Frozen Yoghurt Varieties	\$2.50
Sugar free zooper dooper	\$1.00
Assorted ice cream tubs (Vanilla, Chocolate or Strawberry)	\$1.60

FRUIT

Assorted Fresh Fruit	\$1.00/\$1.50/\$2.00
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DESSERTS

Fruchee	\$2.50
Reduced Fat Yoghurt Varieties	\$1.50
Small Reduced Fat Mousse Varieties	\$1.50
Custard	\$1.50
Jelly	\$1.00



**LUNCHES MUST BE ORDERED ONLINE VIA CDF PAY.
ORDERS MUST BE MADE BY 10AM.**

WARM WRAPS

Sweet Chilli Tenders with Sweet Chilli Sauce & Cheese \$6.00
BBQ – Plain Tenders with Cheese & BBQ Sauce \$6.00

BURGERS



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

TURKISH BREADS

Chicken & Cheese \$5.50
Ham & Cheese \$5.00
Ham, Roasted Capsicum, Cheese, Baby
Spinach with Aioli \$6.50
BBQ Chicken with Cheese & BBQ Sauce \$6.00

HOT FOODS

Pizza Singles (Ham & Cheese OR Ham & Pineapple) \$3.30
Light Pie OR Pepper Steak Pie \$4.20
Light Sausage Roll \$3.60
Add Tomato Sauce \$0.30
Lasagne \$6.50
Spinach & Ricotta Lasagne \$5.50

SANDWICHES / ROLLS / WRAPS

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 \$5.00
ADD Chicken OR Ham \$6.00

Egg & Lettuce \$5.00
Ham & Cheese \$4.50
Chicken & Cheese \$5.00
Chicken with Lettuce & Mayo \$5.00

SALAD TUBS

Garden Salad Tub – Lettuce, Tomato, Carrot, \$4.50
Cucumber, Capsicum & Cheese
ADD Chicken \$1.50
ADD Ham \$1.00
ADD Egg \$0.50

ALL OF OUR MEALS ARE HOMEMADE WITH REDUCED FAT INGREDIENTS.