



# Term One Menu

Please provide a brown paper bag with Name, grade & lunch order (**NO** tape or staples please)  
If needed bag can be provided for 10c)

Tomato sauce 20c extra

Please remind your child when ordering a Slushie or frozen treat to bring their bag up to the canteen at lunch time for collection

Thanks Julie



## Healthy Choices

<b>Pita Wraps-</b> your choice of (ham,chicken or egg)with salad	<b>Whole-</b>	<b>\$4.50</b>
	<b>Half-</b>	<b>\$3.00</b>
<b>Garden salad</b> (chicken or ham)		<b>\$4.50</b>
<b>Fresh fruit salad</b>	Lge	<b>\$3.00</b>
	Sml	<b>\$1.50</b>

## Sandwiches

Wholemeal/white only

<b>Salad</b> (no Meat)	<b>\$3.20</b>
<b>Light ham &amp; salad</b>	<b>\$3.40</b>
<b>Egg salad</b>	<b>\$3.40</b>
<b>Roast Chicken</b>	<b>\$3.40</b>
<b>Roast chicken &amp; salad</b>	<b>\$4.00</b>
<b>Chicken &amp; avocado</b>	<b>\$3.80</b>
<b>Egg &amp; lettuce</b>	<b>\$2.60</b>
<b>Light ham</b>	<b>\$2.40</b>
<b>Light cheese</b>	<b>\$2.40</b>
<b>Vegetemite/Jam</b>	<b>\$1.50</b>
<b>Rolls</b> (extra)	<b>50c</b>
<b>Filling's</b> (extra)	<b>40c</b>
<b>Ham/Avocado</b> (extra)	<b>60c</b>

## Occasional hot foods

<b>Lasagne</b> 97% fat free	<b>\$3.50</b>
<b>Spaghetti</b> 97% fat free	<b>\$3.50</b>
<b>Macaroni/cheese</b> 97% fat free	<b>\$3.50</b>
<b>Fried rice</b> (freshly made)	<b>\$3.50</b>
<b>Pasta with sauce &amp; cheese</b> (no meat)	<b>\$3.50</b>
<b>Hot Chicken Roll</b>	<b>\$4.00</b>
(Fresh Chicken & mayo )	
<b>Hamburger with Chesse</b>	<b>\$3.50</b>
(lean meat,cheese,lettuce,sauce)	
<b>Baked potato</b> (baked beans/cheese,coleslaw,sour cream)	<b>\$4.00</b>
<b>Pizza</b> (Hawaiian)	<b>\$3.00</b>
<b>Chicken Burger</b>	<b>\$3.50</b>
(Flame Grilled Chicken,lettuce & Mayo)	
<b>Sweet Chilli Wrap</b> (chicken strips,lettuce, mayo&chilli sauce wrapped in a tortilla)	<b>\$4.00</b>
<b>Mamee Noodles</b> (Chicken/Beef)	<b>\$3.00</b>
<b>Dino Snacks</b> (oven cooked chicken snacks)	<b>3x \$1.80</b>
<b>(Tomato sauce 20cents)</b>	<b>6x \$3.50</b>
	<b>10x \$5.00</b>
<b>Mini Dino Wrap</b> (Dino snacks,lettuce, & mayo wrapped in a tortilla)	<b>\$3.00</b>

## Brain Food

<b>stringers</b> (cheese)	<b>\$1.00</b>
<b>Jelly &amp; fruit</b>	<b>\$1.00</b>
<b>Cheese &amp; crackers</b>	<b>\$1.00</b>
<b>Mixed dried fruit bag</b>	<b>\$1.00</b>
<b>Rice cakes</b>	<b>20c</b>
<b>Fruit</b> (in season)	<b>\$1.00</b>
<b>Bertie boiled egg</b>	<b>80c</b>
<b>Carrot sticks</b>	<b>5c each</b>
<b>Crackers/dip</b>	<b>\$1.20</b>
<b>Mini Yoghurt</b>	<b>\$1.00</b>
<b>Mini Yoghurt &amp; Fruit</b>	<b>\$1.20</b>

## Drinks

<b>Nippy flavoured milk</b>	<b>\$1.80</b>
(chocolate/strawberry)	
<b>Slush puppy</b>	<b>\$1.60</b>
(cola,grape,strawberry,raspberry)	
<b>Bottled water</b>	<b>\$1.00</b>

## Snack foods

<b>Pretzels</b>	<b>\$1.00</b>
<b>Pop corn</b>	<b>lge \$1.00</b>
	<b>sml 50c</b>
<b>Jelly</b>	<b>80c</b>

## Frozen treats

<b>Mini Fruits</b>	<b>60c</b>
<b>Icy Twist</b>	<b>\$1.00</b>
<b>Moo</b>	<b>\$1.50</b>
<b>Mini Calippo</b>	<b>\$1.00</b>
<b>Frozen jelly fruits</b>	<b>50c</b>
<b>Quelch (99% juice) / Zing (yoghurt)</b>	<b>60c</b>
<b>Juicies (Wildberry/tropical)</b>	<b>\$1.00</b>

## Jaffles

<b>Chicken&amp;cheese</b>	<b>\$3.80</b>
<b>Light ham</b>	<b>\$2.60</b>
<b>Light cheese</b>	<b>\$2.60</b>
<b>Ham,cheese,tomato</b>	<b>\$3.00</b>
<b>Ham &amp; pineapple</b>	<b>\$2.80</b>
<b>Baked beans/spaghetti</b>	<b>\$2.60</b>
<b>Ham &amp; Cheese</b>	<b>\$2.80</b>

<b>Large Dino Wrap</b> (Dino snacks,lettuce, & mayo wrapped in a tortilla)	<b>\$4.00</b>
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**Wednesday ONLY Steamed Dim Sims \$1.00 each or 3 for \$2.50 (soy sauce 10c extra)**

