



Snacks

Jelly & low fat custard (G)	\$2.00
Fresh fruit salad (G)	\$3.00
Fresh seasonal fruit pieces (G)	\$1.00
Custard (A)	\$2.00
Jumpy's (A)	\$1.20
Ovalteenies (A)	\$1.50
Low fat muffin (A)	\$3.00
Ice blocks & ice creams (A)	
Paddle Pops: chocolate or rainbow	\$1.80
Mini Calippo	\$1.20
Quelch Sticks	\$0.80
Icy Twist	\$1.20
Orchy juice cup (G)	\$1.00
Sunny boys (A)	\$1.50



Beverages

Cold Drinks		
Water (G)	Spring water 600ml	\$2.00
	Sports water	\$2.50
Milks – Low Fat (G)		
300ml (G)	Plain	\$1.20
	Chocolate, strawberry	\$2.50
Flavoured Milkshakes (A)	Chocolate, strawberry, vanilla, caramel	\$3.50
Ice Tea (A)	Peach, raspberry, lemon	\$2.20
LOL Cans (A)	Mango, blackcurrant, tropical, raspberry	\$2.00
Poppers (A)	Apple, apple blackcurrant, orange, tropical	\$1.50



Cold Bar

Sushi (G) (GF)		
	Chicken Teriyaki (G)	\$3.50
	Tuna (GF) (G)	\$3.50
	Vegetable (GF) (G)	\$3.50
Salad Box (G)		
	With chicken or tuna	small \$3.50 large \$4.50
	Chicken Caesar	small \$4.00 large \$5.00



Cold Bar

Sandwich Bar		
Vegemite (G)	\$2.00	
Curried Egg (G)	\$3.00	
Egg, lettuce & mayo (G)	\$3.50	
Smoked Ham & cheese (G)	\$3.80	
Roast Chicken (G)	\$3.60	
Roast Chicken, lettuce & mayo (G)	\$4.00	
Roast Chicken & salad (G)	\$4.00	
Cheese & Tomato (G)	\$3.50	
Lean Smoked Ham & tomato (G)	\$3.80	
Lean Smoked Ham, cheese & tomato (G)	\$4.00	
Lean Smoked Ham & salad (G)	\$4.00	
Salad (beetroot, lettuce, carrot, tomato & cucumber (G)	\$4.00	
Tuna (G)	\$3.50	
Tuna, lettuce & mayo (G)	\$4.00	
Tuna & salad (G)	\$4.00	
Breads(G): White, wholemeal or multigrain		
Wrap	\$1.00	
White roll	\$0.80	
Turkish/Focaccia	\$1.00	
Gluten free bread	\$1.00	
Wraps Bar		
Sweet chilli chicken, salad & cheese (G)	\$4.50	
Chicken Caesar, croutons, bacon, cheese & Caesar dressing (G)	\$4.50	
Chicken schnitzel, lettuce & mayo (G)	\$4.50	
Ham & salad (G)	\$4.50	
Cheese & salad (G)	\$4.00	

All lunch orders must be in by 9.00am

Prices are subject to change



Hot Bar

Chicken nuggets		
	X 4	\$2.60
	X 5	\$3.20
	X 6	\$3.80
Chicken wingettes (A)	each	\$2.50
Sweet chilli chicken tender (A)		\$2.50
Jaffle (G)		
	Cheese	\$3.30
	Cheese & tomato	\$3.50
Lean beef burger with tomato, lettuce, beetroot & bbq sauce (G)		\$4.50
Lean chicken burger with lettuce & mayo (A)		\$4.20
Garlic bread (A)		\$1.80
Nachos with salsa & cheese (A)		\$3.50
Pasta		
Lasagna homemade beef or vegetarian (G)		\$4.00
Spaghetti Bolognese (G)		\$4.00
Penne vegetarian (G)		\$4.00
Fried Rice (G)	small	\$3.00
	large	\$3.50
Butter chicken with fried rice (A)		\$4.50
Honey soy chicken with fried rice (A)		\$4.50
Pies		
Lean Beef Pie (A)		\$3.40
Lean Potato Pie (A)		\$3.60
Lean Sausage Roll (A)		\$3.00
Halal		
Pie		\$3.80
Home Made Pizza Slab		
Cheese & tomato (G)		\$3.50
Lean roast chicken & bbq sauce (G)		\$3.60
Vegetarian olives eggplant & capsicum (G)		\$3.60
Ham & pineapple		\$3.60
Turkish Breads		
Chicken Schnitzel Delight (A): chicken schnitzel, roast capsicum, pesto & cheese		\$5.00
Chicken Delight (A): roast chicken, avocado, sundried tomatoes & cheese		\$4.80
Mediterranean Delight (A): olives, artichokes, roast capsicum & fetta cheese		\$4.80
Vegetarian Delight (A): eggplant, sundried tomatoes, roast capsicum & cheese		\$4.80
Ham Delight (A): smoked ham, sundried tomatoes, olives & cheese		\$4.80
Turkey Delight (A): roast turkey, cranberry sauce & cheese		\$4.80

