

# Botany Bites School Lunch Menu - 2023

## EXTRA OPTIONS AVAILABLE ON FLEXISCHOOLS

### Hot Food

Pasta Bolognaise	Add: Cheese \$0.80 / Olives \$1	\$7.30
Plain Pasta (Butter)	Add: Cheese \$0.80 / Olives \$1 / Nap Sauce \$2.20	\$5.00
Vegetarian Tortellini - with Napolitana Sauce	Add: Cheese \$0.80 / Olives \$1	\$7.30
Macaroni & Cheese		\$6.30
Butter Chicken & Rice – Creamy mild Butter Chicken & Rice		\$7.30
6 Chicken Nuggets	Add: Sauce \$0.35	\$5.50
8 Chicken Nuggets	Add: Sauce \$0.35	\$7.35
12 Chicken Nuggets	Add: Sauce \$0.35	\$11.00
Garlic Bread		\$3.20
Corn Cobb (GF)		\$3.00

### Burgers

Hamburger - Meat patty, Lettuce, Sauce)		\$6.90
Schnitzel Burger - Homemade Chicken Schnitzel, Lettuce & Sauce		\$6.90
Grilled Chicken Burger -fresh grilled chicken, Lettuce & sauce	(GF available)	\$6.90
Vegie Burger - Homemade vegie patty, Lettuce, sauce		\$6.90
Bacon & Egg Roll – with sauce	(GF available)	\$5.80
Bacon Roll – with Sauce	(GF available)	\$5.00
Hot Dog - with Sauce		\$5.00
Add: Cheese \$0.80 / Tomato \$0.70 / Egg \$0.90 / Pineapple \$0.80 / Bacon \$1 / Gluten Free Toasted \$1.20 / Caramelised onion = \$1		

### Gourmet Wraps

Sweet Chilli Chicken Wrap - Homemade Tenders, Cheese, baby spinach, sweet chilli sauce	\$7.50
Falafel Wrap - Homemade Falafel, hummus, lettuce, cucumber, tomato, tzatziki	\$7.50
Chicken & Salad Wrap - Lettuce, Tomato, Cucumber & carrot	\$7.50
Ham & Salad Wrap - Lettuce, Tomato, Cucumber & carrot	\$7.50
Chicken Schnitzel Wrap - Homemade Schnitzel, Lettuce, tomato & mayo	\$7.50

### Sandwiches (Gluten Free Bread available)

Cheese	\$4.50
Crumbed Chicken, Lettuce, Mayonnaise	\$6.20
Mashed Egg or Sliced Egg	\$4.80
Ham	\$4.80
Ham & Cheese	\$5.40
Hummus	\$4.20
Honey / Jam / Vegemite	\$3.90
Salad	\$5.20
Tuna & Mayonnaise	\$5.90
Poached Chicken	\$5.70
Roast Turkey	\$6.20
Bossy Squashy (Ham and Cheese <u>toasted</u> on a roll)	\$5.40
Cheesy Squashy (Cheese <u>toasted</u> on a roll)	\$4.90
Roll or Wrap - Add \$0.50 / Gluten Free Toasted \$1.20	
Add: Lettuce \$0.60 / Cheese \$0.80 / Tomato \$0.60 / Cucumber \$0.60 / Carrot \$0.60 / Avocado \$1.20	

## Salads

<b>Create Your Own</b> - Lettuce and your choice of salad options	\$4.80
<b>Caesar Salad</b> - Lettuce, crispy Bacon, parmesan, egg, croutons	\$8.00
<b>Greek Salad</b> - Lettuce, Tomato, cucumber, olives & feta <b>(GF)</b>	\$8.00
<b>Tuna Salad</b> - Lettuce, Tuna, olives, cucumber, carrot <b>(GF)</b>	\$8.00
<b>Green Salad (Small - recommended as a side serve) - (GF)</b> Lettuce, tomato, cucumber, carrot	\$6.00

Add: Tomato / Cucumber / Carrot / Croutons - \$0.70

Fresh Sesame Roll \$1.20/ Boiled egg \$1.20/ Feta \$1.50/ Parmesan \$1.40 / Crispy

Bacon \$1.40 / Olives - \$1 / Avocado \$1.80/ Ham - \$2.20

Poached chicken / crumbed chicken / tuna / turkey / Roast vegetables - \$2.80

## Sushi (Must be ordered by midnight – day before delivery)

<b>Large Sushi Roll</b> – Choice of the following:	\$4.50
Chicken Teriyaki & Avocado, Chicken Teriyaki & Cucumber, Chicken Teriyaki, Tuna & Avocado, Tuna & Cucumber, Tuna	

<b>Mini Sushi Box</b> – 12 pieced Mini Sushi. Choice of the following:	\$5.90
Cucumber, Avocado, Tuna, Mixed	

<b>Edamame Box</b>	\$3.20
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## Snacks

<b>Gingerbread Man</b>	\$3.00
<b>Popcorn (GF)</b>	\$3.00
<b>Banana Bread</b>	\$3.00
<b>Yoghurt &amp; Berries (GF)</b>	\$4.20
<b>Fresh Fruit Salad (GF)</b>	\$4.20
<b>Watermelon Cup (GF)</b>	\$3.90
<b>Jelly (GF)</b>	\$3.00
<b>Baby Button Cookie</b>	\$3.00
<b>Homemade Chocolate Brownie</b>	\$3.00
<b>Hummus &amp; Vege Sticks</b>	\$3.70
<b>Vege Sticks</b>	\$3.00
<b>Custard Cup (GF)</b>	\$3.30
<b>Custard Cup with Milo (GF)</b>	\$3.80
<b>Custard Cup with Mixed Berries (GF)</b>	\$3.90

## Drinks

<b>Spring Water</b>	\$2.50
<b>Flavoured Milk</b> (Chocolate or Strawberry)	\$3.00
<b>Juice</b> (Apple, Orange, Apple Blackcurrant)	\$2.80
<b>Up &amp; Go</b> (Chocolate, Strawberry, Banana)	\$3.00