

MENU - TERM 3, 2019

Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED!
Select a TWO Course Lunch for \$9.20 or a 3 Course Lunch for \$10.60

LUNCH ITEM ONE

SALADS

Greek Style Salad with Feta and Olives (V, GF)
Brown Rice & Mixed Bean Salad (V, GF)
Thai Style Noodle Salad (V, GF)
Mexican Inspired Salad (V, GF)
Quinoa, Tabouli & Tuna Salad (GF)
Pic(k)nic Box – Vegetarian (V, GF)
Pic(k)nic Box with Ham (GF)

SUSHI

Teriyaki Chicken Hand Rolls (2)
Cooked Tuna Hand Rolls (2)
Avocado Hand Rolls (2)
Cucumber Hand Rolls (2)
Vegetarian Hand Rolls (2)

BAKERY

Cheese and Bacon Roll
Cheese and Vegemite Scroll (w/m)
Supreme Pizza Roll
Topped with Only Cheese Roll

PITA PIZZA'S

Margherita Pita Pizza
Ham and Pineapple Pita Pizza
Fresh Tomato and Italian Herb Pita Pizza
Spinach and Feta Pita Pizza

SANDWICHES, ROLLS & WRAPS

Ham, Cheese and Tomato Sandwich
Turkey, Cranberry, Lettuce and Cheese Sandwich
Ham and Cheese Roll
Gluten Free Ham & Cheese Sandwich (GF)
Simple Salad Roll
Cucumber & Ham Sandwich (GF)
Vegemite Sandwich
Mild Salami and Salad Roll
Beetroot and Salad Roll
Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
Cheese and Salad Roll
Wholegrain Cheese and Tomato Sandwich
WRAP (GF) Ham and Salad
GF Vegemite & Tasty Cheese Sandwich
Chicken and Salad Roll
Wholegrain ROLL Tuna and Salad
Salad with Ham (No Cheese)

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

Fresh Fruit Combo
Freshly chopped Strawberries & Apple Pieces
Apple with Lemon Juice, Brown Sugar & Cinnamon
Freshly chopped Cantaloupe & Watermelon
Stewed Apple & Rhubarb with Custard
Chopped Carrot, Cucumber, Red & Yellow Capsicum
Whole Fruit – Banana
Whole Fruit - Mandarin
Freshly chopped Pineapple with Orange pieces
Lightly Steamed Corn Wheels & Broccoli
Sugar Snap Peas, Beans & Cherry Tomatoes
Edamame (Lightly Salted)
Cherry Tomatoes with Tasty Cheese & Rice Crackers

BAKED GOODS

Choc Chip Cookie
Fruit Bun
Finger Bun with Sprinkles
Banana Cup Cake (GF,DF)
Iced Cup Cake
Hedgehog Slice
Choc Cup Cake (GF,DF)
Blueberry Muffin
Apple & Cinnamon Cake

YOGHURT

Strawberry Chobani Yoghurt
Blueberry Chobani Yoghurt
Passionfruit Chobani Yoghurt
Plain Chobani Yoghurt
Chia, Banana, Coconut and Strawberry Bowl

DIPS & CRACKERS

Tzatziki Dip with Rice Crackers
Avocado Dip with Rice Crackers
Spring Onion Dip with Rice Crackers
Beetroot Dip with Rice Crackers (DF)

POPCORN/SNACKS

Cobs Popcorn, Lightly Salted
Cobs Popcorn Slightly Sweet, Lightly Salted
Lightly salted Fav'va Beans

DRINKS

Apple Juice
Orange Juice
Plain Milk
Nippy's Chocolate Milk

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