



### Step 1 Main Course Menu

Choose a main course, then add 1, 2 or 3 items from our snack/drink menu to build a lunch pack your child will love

|                                                                                                            | Lunch Pack |    |    |   |   |                         |
|------------------------------------------------------------------------------------------------------------|------------|----|----|---|---|-------------------------|
|                                                                                                            | Vg         | DF | GF | H | V |                         |
|                                                                                                            |            |    |    |   |   | main +1 main +2 main +3 |
| <b>Bakery</b> <b>All items freshly baked this morning!</b>                                                 |            |    |    |   |   |                         |
| Cheese & Vegemite Scroll                                                                                   |            |    |    |   | v | \$6.45 \$9.15 \$11.85   |
| Savoury Bite 'Little Frank' Roll                                                                           |            |    |    |   |   | \$6.45 \$9.15 \$11.85   |
| Topped with Only Cheese Roll                                                                               |            |    |    |   | v | \$6.45 \$9.15 \$11.85   |
| Cheese & Bacon Roll                                                                                        |            |    |    |   |   | \$7.45 \$10.15 \$12.85  |
| Frankfurt 'in a blanket' with Sauce & Cheese (2)                                                           |            |    |    |   |   | \$10.95 \$13.65 \$16.35 |
| <b>Pizza, Sausage Rolls, Gozleme, Pastizzi, Quesadilla &amp; Pasties</b> <b>Served at room temperature</b> |            |    |    |   |   |                         |
| Ricotta & Spinach Pastizzi (2)                                                                             |            |    |    | H | v | \$8.95 \$11.65 \$14.35  |
| Margherita PITA Pizza                                                                                      |            |    |    |   | v | \$9.95 \$12.65 \$15.35  |
| Margherita Pizza TWIST                                                                                     |            |    |    |   | v | \$9.95 \$12.65 \$15.35  |
| Sausage Roll with Sauce                                                                                    |            |    |    |   |   | \$9.95 \$12.65 \$15.35  |
| BBQ Chicken Pizza                                                                                          |            |    |    | H |   | \$10.95 \$13.65 \$16.35 |
| Ham & Pineapple Pizza Slice                                                                                |            |    |    |   |   | \$10.95 \$13.65 \$16.35 |
| Pepperoni Pizza                                                                                            |            |    |    | H |   | \$10.95 \$13.65 \$16.35 |
| Quesadilla (Chicken) served with Sour Cream                                                                |            |    |    | H |   | \$10.95 \$13.65 \$16.35 |
| Vegetable Pastie with Tomato Sauce                                                                         |            |    |    | H | v | \$12.75 \$15.45 \$18.15 |
| Herbed Chicken Gozleme                                                                                     |            |    |    | H |   | \$13.45 \$16.15 \$18.85 |
| Lamb & Beef Gozleme                                                                                        |            |    |    | H |   | \$13.45 \$16.15 \$18.85 |
| Mushroom & Spinach Gozleme                                                                                 | Vg         | DF |    | H | v | \$13.45 \$16.15 \$18.85 |
| Spinach & Cheese Gozleme                                                                                   |            |    |    | H | v | \$13.45 \$16.15 \$18.85 |
| <b>Sushi Hand Rolls (2pc)</b> <b>Soy Sauce (GF, Vg) Provided</b>                                           |            |    |    |   |   |                         |
| Avocado Hand Rolls                                                                                         | Vg         | DF | GF | H | v | \$12.45 \$15.15 \$17.85 |
| Cooked Tuna Hand Rolls                                                                                     |            | DF | GF | H |   | \$12.45 \$15.15 \$17.85 |
| Crispy Chicken (Schnitzel) Hand Rolls                                                                      |            |    |    | H |   | \$12.45 \$15.15 \$17.85 |
| Cucumber Hand Rolls                                                                                        | Vg         | DF | GF | H | v | \$12.45 \$15.15 \$17.85 |
| Teriyaki Chicken Hand Rolls                                                                                |            | DF |    | H |   | \$12.45 \$15.15 \$17.85 |
| Tofu Hand Rolls                                                                                            |            | DF | GF | H | v | \$12.45 \$15.15 \$17.85 |
| Vegetarian Hand Rolls                                                                                      | Vg         | DF | GF | H | v | \$12.45 \$15.15 \$17.85 |

|                                                                            | Lunch Pack |    |    |   |   |                         |
|----------------------------------------------------------------------------|------------|----|----|---|---|-------------------------|
|                                                                            | Vg         | DF | GF | H | V |                         |
|                                                                            |            |    |    |   |   | main +1 main +2 main +3 |
| <b>Rice Paper Rolls (2pc)</b> <b>Wednesday, Thursday &amp; Friday only</b> |            |    |    |   |   |                         |
| Chicken Rice Paper Rolls                                                   |            |    | GF | H |   | \$13.45 \$16.15 \$18.85 |
| Vegetarian Rice Paper Rolls                                                | Vg         | DF | GF | H | v | \$13.45 \$16.15 \$18.85 |
| <b>Sandwiches, Rolls, Wraps, Croissants &amp; Pancakes</b>                 |            |    |    |   |   |                         |
| Strawberry Jam Sandwich (1.5)                                              | Vg         |    |    |   | v | \$7.45 \$10.15 \$12.85  |
| Vegemite Sandwich (2)                                                      | Vg         |    |    |   | v | \$8.95 \$11.65 \$14.35  |
| Croissant with Ham & Cheese                                                |            |    |    |   |   | \$9.95 \$12.65 \$15.35  |
| Plain Cheese Sandwich (2)                                                  |            |    |    |   | v | \$9.95 \$12.65 \$15.35  |
| Simple Salad Roll                                                          | Vg         |    |    |   | v | \$9.95 \$12.65 \$15.35  |
| Pancakes with Strawberries, Blueberries & Honey                            |            |    |    | H | v | \$10.95 \$13.65 \$16.35 |
| Wholegrain Ham & Cheese Sandwich (1.5)                                     |            |    |    |   |   | \$10.95 \$13.65 \$16.35 |
| Cheese & Salad Roll                                                        |            |    |    |   | v | \$11.50 \$14.20 \$16.90 |
| Roast Beef, Chutney, Cheese & Lettuce Roll                                 |            |    |    |   |   | \$11.50 \$14.20 \$16.90 |
| Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)                         |            |    |    |   |   | \$11.50 \$14.20 \$16.90 |
| Chicken, Mayonnaise & Salad Roll                                           |            |    |    |   |   | \$12.75 \$15.45 \$18.15 |
| Falafel Wrap                                                               |            |    |    | H | v | \$12.75 \$15.45 \$18.15 |
| Mexi WRAP Chicken, Salsa, Cheese, Salad, Corn Chips                        |            |    |    | H |   | \$12.75 \$15.45 \$18.15 |
| <b>Salads, Picnic Boxes &amp; Poke Bowls</b>                               |            |    |    |   |   |                         |
| Fresh Fruit Salad - Main Course Size                                       | Vg         | DF | GF | H | v | \$11.50 \$14.20 \$16.90 |
| Ham Picnic Box                                                             |            |    | GF |   |   | \$11.50 \$14.20 \$16.90 |
| Vegetarian Picnic Box                                                      |            |    | GF |   | v | \$11.50 \$14.20 \$16.90 |
| Greek Style Salad with Feta & Olives                                       |            |    | GF |   | v | \$12.75 \$15.45 \$18.15 |
| Tuna Pasta Salad <b>Wed-Fri only</b>                                       |            |    |    |   |   | \$12.75 \$15.45 \$18.15 |
| Poke Bowl with Teriyaki Chicken                                            |            | DF |    | H |   | \$13.45 \$16.15 \$18.85 |
| <b>GF Sandwiches</b>                                                       |            |    |    |   |   |                         |
| GF Chicken (with Mayo) & Cucumber Sandwich (1.5)                           |            |    | GF | H |   | \$10.95 \$13.65 \$16.35 |
| GF Ham & Cheese Sandwich (1.5)                                             |            |    | GF |   |   | \$10.95 \$13.65 \$16.35 |

### Step 2 Snack/Drink Menu

| Snack or drink                                    | Vg | DF | GF | H | V | Price    |
|---------------------------------------------------|----|----|----|---|---|----------|
| <b>Fresh Fruit &amp; Vegetables</b>               |    |    |    |   |   |          |
| Apple pieces, Lemon juice, Cinnamon & Brown Sugar | Vg | DF | GF | H | v | +\$1.00  |
| Carrot, Cucumber, Red & Yellow Capsicum           | Vg | DF | GF | H | v | Included |
| Cherry Tomatoes, Tasty Cheese & Rice Crackers     |    |    | GF |   | v | Included |
| Corn Wheels & Lightly Steamed Broccoli            | Vg | DF | GF | H | v | Included |
| Edamame (Lightly Salted)                          | Vg | DF | GF | H | v | Included |
| Fresh Fruit Combo                                 | Vg | DF | GF | H | v | +\$1.00  |
| Freshly Chopped Orange Segments                   | Vg | DF | GF | H | v | Included |
| Freshly Chopped Watermelon Pieces                 | Vg | DF | GF | H | v | Included |
| SPC Diced Peaches in Juice                        | Vg | DF | GF | H | v | Included |
| Whole Fruit - Apple                               | Vg | DF | GF | H | v | Included |
| Whole Fruit - Banana                              | Vg | DF | GF | H | v | Included |
| <b>Bakery - Sweet &amp; Savoury</b>               |    |    |    |   |   |          |
| ANZAC Biscuit                                     |    |    |    | H | v | Included |
| Blueberry Muffin                                  |    |    |    |   | v | +\$1.00  |
| Carrot Cup Cake                                   | Vg | DF | GF | H | v | +\$1.00  |
| Choc Chip Cookie                                  |    |    |    |   | v | Included |
| Choc Cup Cake                                     | Vg | DF | GF | H | v | +\$1.00  |
| Cinnamon Doughnut                                 |    |    |    |   | v | Included |
| Cornflake Cookie                                  |    |    |    |   | v | Included |
| Finger Bun with Sprinkles                         |    |    |    |   | v | Included |
| Jam Drop Biscuit                                  |    |    | GF |   | v | +\$1.00  |
| Lemon Tart                                        | Vg | DF |    | H | v | Included |
| Mini Cheddarmite Scroll                           |    |    |    |   | v | Included |
| Passionfruit Melting Moment Biscuit               |    |    |    |   | v | +\$1.00  |
| Yo Yo Biscuit                                     |    |    |    |   | v | +\$1.00  |
| <b>Sushi</b>                                      |    |    |    |   |   |          |
| 1pc Tuna Sushi                                    |    |    | GF | H |   | +\$1.00  |

| Snack or drink                                                          | Vg | DF | GF | H | V | Price    |
|-------------------------------------------------------------------------|----|----|----|---|---|----------|
| <b>Popcorn, Harvest Snaps, Vege Crackers, Legumes &amp; Dried Fruit</b> |    |    |    |   |   |          |
| Balsamic & Sea Salt Fava Beans                                          | Vg | DF | GF | H | v | Included |
| Dried Pineapple Pieces by "Peels"                                       | Vg | DF | GF | H | v | +\$1.00  |
| Harvest Snaps                                                           | Vg | DF | GF | H | v | Included |
| Lime & Black Pepper Chickpeas                                           | Vg | DF | GF | H | v | Included |
| Popcorn - Lightly Salted                                                | Vg | DF | GF | H | v | Included |
| Popcorn - Slightly Sweet, Lightly Salted                                | Vg | DF | GF |   | v | Included |
| Roasted Chickpeas                                                       | Vg | DF | GF | H | v | Included |
| Salt & Vinegar Vege Crackers                                            | Vg | DF | GF | H | v | Included |
| <b>Dips with Mini Rice Cakes / Corn Chips</b>                           |    |    |    |   |   |          |
| Avocado Dip with Mini Rice Cakes                                        |    |    | GF | H | v | +\$1.00  |
| Corn Chips with Salsa                                                   | Vg | DF | GF |   | v | +\$1.00  |
| Mango Chutney with Vege Chips                                           | Vg | DF | GF | H | v | +\$1.00  |
| Spicy Capsicum Dip with Mini Rice Cakes                                 |    |    | GF | H | v | +\$1.00  |
| Spring Onion Dip with Mini Rice Cakes                                   |    |    | GF | H | v | +\$1.00  |
| Tzatziki Dip with Mini Rice Cakes                                       |    |    | GF | H | v | +\$1.00  |
| <b>Yoghurts, Bowls &amp; Cups</b>                                       |    |    |    |   |   |          |
| Raspberry Jelly Cup                                                     | Vg | DF | GF | H | v | Included |
| Stewed Rhubarb and Apple Crumble                                        |    |    |    |   | v | +\$1.00  |
| Strawberry Yoghurt (Dairy Farmers)                                      |    |    | GF |   | v | +\$1.00  |
| Vanilla Yoghurt (Dairy Farmers)                                         |    |    | GF | H | v | +\$1.00  |
| <b>Drinks</b>                                                           |    |    |    |   |   |          |
| Apple Juice                                                             | Vg | DF | GF | H | v | Included |
| Blackcurrant & Apple                                                    | Vg | DF | GF | H | v | Included |
| Chocolate Milk                                                          |    |    | GF | H | v | Included |
| Full Cream Milk                                                         |    |    | GF | H | v | Included |
| Orange Juice                                                            | Vg | DF | GF | H | v | Included |
| Strawberry Milk                                                         |    |    | GF | H | v | Included |