

HEALTHY, INTERESTING AND AFFORDABLE LUNCH PACKS, DELIVERED TO SCHOOL



SERVICING SUNSHINE HEIGHTS PRIMARY on MONDAY, WEDNESDAY & FRIDAY

ORDER from our ENTIRE MENU until 8.30am on the Day!

2 COURSE LUNCH PACK from \$6.45

Choose a Main Course Item, then select 1 or 2 Items from the Snack/Drink Menu to make up a TWO or THREE Course Lunch Pack.

Standard Choice Snack/Drinks included in Pack Prices

\*Premium Choice Snack/Drink + \$1.00 each

MAIN COURSE MENU

Standard Choice 2 Course Lunch From \$	Standard Choice 3 Course Lunch From \$
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SNACK / DRINK MENU

SUSHI HAND ROLLS (2pc)

(GF Soy Sauce provided with Sushi)

Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75
Avocado Hand Rolls (GF)	\$11.50	\$13.75
Cucumber Hand Rolls (GF)	\$11.50	\$13.75
Vegetarian Hand Rolls (GF)	\$11.50	\$13.75
Tofu Hand Rolls (GF)	\$11.50	\$13.75

RICE PAPER ROLLS (2pc)

Chicken Rice Paper Rolls (GF)	\$13.45	\$15.45
Vegetarian Rice Paper Rolls (GF)	\$13.45	\$15.45

BAKERY (All items freshly baked this morning!)

Cheese and Vegemite Scroll	\$6.45	\$8.95
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95
Topped with Only Cheese Roll	\$6.45	\$8.95
Cheese and Bacon Roll	\$7.45	\$9.95
Semi-dried Tomato, Olive & Cheese Roll	\$8.95	\$11.45
Scroll with Ham and Cheese	\$9.95	\$12.85
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

PIZZA & GOZLEME & PASTIZZI

(Served at Room Temp)

Ricotta & Spinach Pastizzi (2)	\$7.45	\$9.95
Samosa Pastizzi (2)	\$7.45	\$9.95
Margherita Pizza Twist	\$8.95	\$11.45
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
Spinach and Cheese Gozleme	\$13.45	\$15.45
Lamb and Beef Gozleme	\$13.45	\$15.45
Mushroom and Spinach Gozleme	\$13.45	\$15.45

SANDWICHES/ ROLLS/ WRAPS

Strawberry Jam Sandwich (1.5)	\$7.45	\$9.95
Vegemite Sandwich (2)	\$8.95	\$11.45
Plain Cheese Sandwich (2)	\$9.95	\$12.85
Simple Salad Roll	\$9.95	\$12.85
Cheese and Salad Roll	\$10.95	\$13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Roast Chicken and Salad Roll	\$11.50	\$13.75
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75
Mild Salami and Salad Roll	\$11.50	\$13.75
Wrap w/ Chicken, Tzatziki, Lettuce, Tomato Cucumber	\$12.75	\$14.95
'Banh Mi' Style Roast Chicken Long Roll	\$12.75	\$14.95

SALADS/ PICNIC BOXES/ FRUIT & VEG

Steamed Corn Wheels, Broccoli & Carrot (GF)	\$9.95	\$12.85
Fresh Fruit Salad - Main Course Size (GF)	\$11.50	\$13.75
Vegetarian Picnic Box	\$11.50	\$13.75
Ham Picnic Box	\$11.50	\$13.75
Greek Style Salad with Feta and Olives (GF)	\$12.75	\$14.95

GF SANDWICHES & WRAPS

GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65
GF Wrap - Ham and Salad	\$12.75	\$14.95
GF Wrap - Garden Salad	\$12.75	\$14.95

FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar*	+ \$1.00 each
Cantaloupe and Honeydew Pieces*	+ \$1.00 each
Fresh Fruit Combo*	+ \$1.00 each
Freshly Chopped Strawberries with Grapes	Std Inc.
Freshly Chopped Orange Segments	Std Inc.
Freshly Chopped Watermelon Pieces	Std Inc.
Whole Fruit - Apple	Std Inc.
Whole Fruit - Banana	Std Inc.
Carrot, Cucumber, Red & Yellow Capsicum	Std Inc.
Celery and Carrot Sticks with Sultanas	Std Inc.
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Std Inc.
Corn Wheels & Lightly Steamed Broccoli	Std Inc.
Edamame (Lightly Salted)	Std Inc.
Sugar Snap Peas, Beans and Cherry Tomatoes*	+ \$1.00 each

BAKERY - SWEET

Choc Chip Cookie	Std Inc.
Finger Bun with Sprinkles	Std Inc.
Fruit Bun	Std Inc.
Cinnamon Doughnut	Std Inc.
Cornflake Cookie	Std Inc.
Choc Cup Cake (GF/DF)*	+ \$1.00 each
Blueberry Muffin*	+ \$1.00 each
Jam Drop Biscuit (GF)*	+ \$1.00 each
Banana Slice (GF)*	+ \$1.00 each

SUSHI (1 GF Soy Sauce)

1pc Tuna Sushi (GF)*	+ \$1.00 each
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POPCORN

Slightly Sweet, Lightly Salted	Std Inc.
Lightly Salted	Std Inc.

DRIED FRUIT/ LEGUMES

Lime & Black Pepper Chickpeas	Std Inc.
Roasted Chickpeas	Std Inc.
Balsamic & Sea Salt Fava Beans	Std Inc.
Dried Fruit Medley with Yoghurt Sultanas*	+ \$1.00 each

DIPS WITH MINI RICE CAKES

Tzatziki Dip with Mini Rice Cakes*	+ \$1.00 each
Spring Onion Dip with Mini Rice Cakes*	+ \$1.00 each
Spicy Capsicum Dip with Mini Rice Cakes*	+ \$1.00 each
Avocado Dip with Mini Rice Cakes*	+ \$1.00 each

YOGHURTS/ BOWLS

Strawberry Yoghurt (Dairy Farmers)*	+ \$1.00 each
Classic Vanilla Yoghurt (Dairy Farmers)*	+ \$1.00 each
Chia Bowl with Banana, Coconut & Strawberries*	+ \$1.00 each
Stewed Rhubarb and Apple with Custard*	+ \$1.00 each

DRINKS

Apple Juice (Nippy's)	Std Inc.
Orange Juice (Nippy's)	Std Inc.
Chocolate Milk (Nippy's)	Std Inc.
Strawberry Milk (Nippy's)	Std Inc.
So Good Soy Milk (out of stock 9/24)	Std Inc.
Full Cream Milk	Std Inc.

We are a NUT FREE Kitchen. Descriptions, Dietary and Allergen Information available on our Website.

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