



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			
						main +1	main +2	main +3	
Vg DF GF H V									
Bakery						All items freshly baked this morning!			
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
Pizza, Sausage Rolls, Gozleme, Pastizzi, Quesadilla & Pasties						Served at room temperature			
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
Sushi Hand Rolls (2pc)						Soy Sauce (GF, Vg) Provided			
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
Rice Paper Rolls (2pc)						Wednesday, Thursday & Friday only		
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
Sandwiches, Rolls, Wraps, Croissants & Pancakes								
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
Salads, Picnic Boxes & Poke Bowls								
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 Wed-Fri only						\$12.75	\$15.45	\$18.15
Poke Bowl with Teriyaki Chicken		DF		H		\$13.45	\$16.15	\$18.85
GF Sandwiches								
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
Fresh Fruit & Vegetables						
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
Bakery - Sweet & Savoury						
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
Sushi						
1pc Tuna Sushi			GF	H		+\$1.00

Snack or drink	Vg	DF	GF	H	V	Price
Popcorn, Harvest Snaps, Vege Crackers, Legumes & Dried Fruit						
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
Dips with Mini Rice Cakes / Corn Chips						
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
Yoghurts, Bowls & Cups						
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
Drinks						
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