

School Lunches Price List - Term 4 2013 / Term 1 2014

Simple, healthy, fresh and delicious food delivered to children for lunch

Salads		Healthy Deal C (green)	6.50
Roast Vegetable salad w/ spinach	5.00	Sandwich, wrap or roll (choose to add more fillings if you wish)	
Chicken Caesar Salad Box	5.00	A freshly baked muffin of the day	
From the oven		Watermelon Wedges	
Chicken Teriyaki w/ rice	4.60	Snacks	
Sausage roll	4.50	Vegie sticks w/ tzatziki dip	3.50
Penne pasta w/ Napoli sauce & cheese	4.60	Vegie sticks w/ hommus dip	3.50
GF pasta w/ Napoli sauce & cheese	5.10	Yoghurt cup	3.00
Chicken and mushroom pie (gf)	4.50	Fruit salad cup	3.10
Shepherds Pie	6.00	- add a yoghurt pot	1.00
Hawaiian Pizza (GF + 1.00)	5.00	- add chocolate dipping sauce	1.50
Margarita Pizza (halal) (GF +1.00)	5.00	Fruit kebab w/ a treat	3.00
Oven baked chicken strips (5)	4.50	- add a yoghurt pot	1.00
Egg and bacon pita pocket	4.50	- add chocolate dipping sauce	1.50
'Just a little more' (our bit bigger serve)		Apple crumble w/ custard, yoghurt or plain	3.60
Penne pasta with Napoli sauce w/ cheese (GF + .50c)	6.00	Sweet (but still healthy) snacks	
Shepherds Pie	7.50	Chocolate Chip Cookie	2.20
Healthy Deal A (green)	5.00	Chocolate Brownie (yeast, dairy, preservative, additive & gluten free)	3.85
Egg and bacon pita pocket		Gingerbread Man	3.50
An apple		Air popped popcorn	1.80
Bottle of water		Sushi - avail Mondays, Thursdays & Fridays only	
Healthy Deal B (amber)	6.50	- Cooked Tuna	2.90
Sausage roll (*GF avail add \$2.00)		- Avocado	2.90
Chocolate Brownie (yeast, dairy, preservative, additive & gluten free)		- Chicken Teriyaki	2.90
Oak Flavoured Fresh Milk (250ml) or Bottled Water		Drinks	
Sandwiches, Wraps & Rolls - make your own !		Tropical 100% Fruit Juice	2.00
- GF & yeast free rolls, wraps & bread available +\$1.00		Apple 100% Fruit Juice	2.00
<u>Fillings available: + .50c each</u>		Orange 100% Fruit Juice	
lettuce, tomato, cheese, cucumber, avocado, egg		Plain bottled water	2.60
grated carrot, honey, vegemite, creamed		Oak Flavoured Fresh Milk (250ml):	
corn, beetroot, capsicum, poached chicken, lean ham,		- Chocolate	2.60
roast beef, bacon, tuna, falafels		- Strawberry	2.60
<u>Free Condiments:</u>		- Banana	2.60
mayonnaise, mustard, tzatziki, homemade chutney,		Frozen	
sweet chilli		Cruncha (frozen 100% orange juice)	2.10
Sandwiches - 1 filling from 3.60	3.60	We are still looking for something else healthy and yummy !!	
Rolls - 1 filling from 4.10	4.10	Extra's	
Wraps - 2 fillings from 4.80	4.80	Extra sweet chilli sauce	.50
Savoury vegemite and cheese scroll	3.70	Extra soy sauce (w/ sushi)	.50
Crunchy chicken salad wrap ^{-lettuce, chicken, thinly sliced red capsicum & mashed avocado}	5.00	Extra tomato sauce	.50

Check our website for extra specials, recipe ideas and to meet our staff !



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