

### Sandwiches – high fibre

Available daily both breaks by order only

Ham/Chicken/Turkey/Roast Beef/Egg <b>A</b>	\$ 3.90
Cold Meat & Cheese <b>A</b>	\$ 4.20
Ham, Cheese & Tomato <b>A</b>	\$ 4.50
Chicken, Cheese & Onion <b>G</b>	\$ 4.50
Cold Meat or Egg & Salad <b>A</b>	\$ 4.80
Mixed Sandwiches <b>A</b>	\$ 4.00
Vegemite <b>A</b>	\$ 2.00
Vegemite and Cheese <b>G</b>	\$ 3.00
Cheese <b>G</b>	\$ 2.50
Egg & Lettuce <b>G</b>	\$ 4.10
Salad <b>G</b>	\$ 3.90

Toasted extra 50 cents

Gluten free toasties extra \$1.00



### Wraps – Wholegrain

Available daily both breaks by order only

Chicken or Ham or Tuna or Turkey or Roast Beef & Salad <b>G</b>	\$ 4.80
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### Salad Bowls

Available daily both break by order only

Salad Bowl with dressing <b>G</b>	\$ 3.90
Ham or Chicken or Tuna & Salad Bowl <b>G</b>	\$ 4.90
Salad dressing 99% fat free Italian or Balsamic	

### Extras

Sauce, Tomato/BBQ or Mayo <b>A</b>	\$ 0.30
Paper bags/Plastic Spoon/Fork/Knife	\$ 0.10
Soup (Winter only-See blackboard)	advised

Smart Choices Codes:

**G (Green - Have plenty)**   **A (Amber – Select carefully)**

### HOT FOOD - Available both breaks by order only

Chicken Nuggets <b>A</b> (3)	\$2.50	(6)	\$ 4.50
Cheesy Chicken Balls (3) (home-made) <b>G</b>	\$ 2.50		
Sausage Roll (healthy choice) <b>A</b>	\$ 3.00		
Mini Sausage Roll <b>A</b> Max 2 per child	\$ 2.00		
Good Eating Cruiser Pie <b>A</b>	\$ 4.00		
Party Pie (2) <b>A</b> Max 2 per child	\$ 2.00		
Mini Hot Dog	\$ 2.00		
Garlic Bread <b>A</b>	\$ 2.00		

Specials below **ONLY** available on days specified and for **FIRST BREAK ONLY**

**Monday : PASTA DAY**

Pasta Bolognese <b>A</b>	\$ 4.00
Pasta Carbonara <b>A</b>	\$ 4.00
Macaroni Cheese <b>A</b>	\$ 4.00

**Tuesday : RICE & NOODLE DAY**

Fried Rice w/egg & vegies – gluten free <b>A</b>	\$ 4.00
Chicken Noodle & Vegie Stir Fry <b>A</b>	\$ 4.50

**Wednesday**

Sweet Chilli Chicken Wrap <b>A</b>	\$ 4.90
Steamed Dim Sims(3) (with sweet chilli/soy sauce) <b>A</b>	\$ 4.00
Pocket Bread w/spicy chicken bites, lettuce/mayo <b>A</b>	\$ 4.50

**Thursday : PIZZA DAY**

Ham, Cheese & Pineapple <b>A</b>	\$ 4.00
BBQ Chicken <b>A</b>	\$ 4.00
Cheese & Bacon <b>A</b>	\$ 4.00

**Friday : BURGERS & HOT DOGS DAY**

Chicken Fillet Burger (w/lettuce, cheese & Mayo) <b>A</b>	\$4.80
Beef & Cheese Burger (w/bbq sauce) <b>A</b>	\$4.80
Hot Dog/Cheddar Dog (w/tomato or bbq sce) <b>A</b>	\$3.80

### Daily Snacks- Available Both Breaks by order only

Fruit Salad Cup (seasonal fruit) <b>G</b>	\$ 2.00
Fruit & Yoghurt Tub (seasonal fruit) <b>G</b>	\$ 2.50
Boiled Egg <b>G</b>	\$ 1.00
Rice Paper Rolls (2 pack) <b>A</b>	\$ 4.80
(w/chicken, noodles & salad plus sweet chilli dipping sauce)	
Pikelets (2) (plain/butter/butter & Jam) <b>A</b>	\$ 2.00
Apple Slinky <b>G</b>	\$ 1.20
Cookie (gluten free) <b>A</b>	\$ 1.00
Banana Bread (Vegan) <b>A</b>	\$ 1.50
Muffin of the day <b>A</b>	\$ 2.00
Vanilla Yoghurt <b>G</b>	\$ 2.20
Chocolate Mousse Cup <b>A</b>	\$ 2.00

### Treats

Ice Blocks (limit 1 per person) <b>A</b> from	\$ 0.80
Frozen Yoghurt (Mango/Straw/Rasp) <b>G</b>	\$ 2.00
Popcorn <b>A</b>	\$ 1.00
Pretzels <b>A</b>	\$ 1.00
Noodle Snacks (Chicken/BBQ) <b>A</b>	\$ 1.00
Corntos (Tangy BBQ/Cheese) <b>A</b>	\$ 1.20
Rice Sticks (Vege/Cheese) <b>A</b>	\$ 1.00
Messy Monkeys (Cheese, Burger, Pizza) <b>A</b>	\$ 1.00

### Drinks

Bottled Spring Water <b>G</b>	\$ 2.00
Milk – Plain 300ml <b>G</b>	\$ 1.50
Breaka Milk 300ml (Choc/Straw/Banana) <b>A</b>	\$ 2.30
Breaka Milk 250ml (Choc/Straw/Vanilla) <b>A</b>	\$ 2.00
Juice BOX (Orange/Apple/Blackcurrant/Tropical) <b>G</b>	\$ 1.80
Berri Juice Bottle (Apple/Orange) <b>G</b>	\$ 2.80
Smoothie ( <b>by order only</b> -Banana/Blueberry) <b>G</b>	\$ 3.00
Slushie (limit 1 per person) <b>A</b>	\$ 2.00