

**MENU – TERM 3, 2018!**

**ORDER ONLINE up until 8.30am on the Day the Lunch is Required!**

**A Two Course Lunch is \$8.95 and a Three Course Lunch is \$10.35**

**LUNCH ITEM ONE**

**SALADS**

- Greek Style Salad with Feta and Olives (GF)
- Quinoa, Tabouli and Tuna Salad (GF)
- Thai Style Noodle Salad (GF)
- Brown Rice & Mixed Bean Salad (GF)
- Pic(k)nic Box – Vegetarian (GF)
- Pic(k)nic Box with Ham (GF)

**SUSHI**

- Sushi - Teriyaki Chicken Hand Rolls (2)
- Sushi - Cooked Tuna Hand Rolls (2)
- Sushi - Avocado Hand Rolls (2)
- Sushi - Cucumber Hand Rolls (2)
- Sushi – Vegetarian Hand Rolls (2)

**BAKERY**

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll
- Topped with Only Cheese Roll
- Supreme Pizza Roll

**PITA PIZZAS**

- Margherita Pita Pizza
- Ham and Pineapple Pita Pizza
- Fresh Tomato and Italian Herb Pita Pizza
- Spinach & Feta Pita Pizza

**SANDWICHES, ROLLS & WRAPS**

- Ham, Cheese and Tomato Sandwich
- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Ham and Cheese Roll
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll
- Vegemite Sandwich
- Mild Salami and Salad Roll
- Beetroot and Salad Roll
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain Cheese and Tomato Sandwich
- WRAP (GF) Ham and Salad
- Chicken and Salad Roll
- Wholegrain ROLL – Tuna & Salad

**LUNCH ITEM TWO/THREE**

**FRESH FRUIT & VEG**

- Fresh Fruit Combo
- Freshly chopped Orange Segments
- Freshly chopped Strawberries with Apples
- Freshly Chopped Mandarin & Apple Pieces
- Apple with Lemon Juice, Brown Sugar & Cinnamon
- Celery & Carrot Sticks with Sultanas
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Sugar Snap Peas, Beans, & Cherry Tomatoes
- Lightly Steamed Corn Wheels & Broccoli pieces
- Cherry Tomatoes with Tasty Cheese & Rice Crackers
- Whole Banana with Chocolate Dipping Sauce

**BAKED GOODS**

- Choc Chip Cookie
- Fruit Bun
- Hedgehog Slice
- Finger Bun with Sprinkles
- Banana Cup Cake (GF, DF)
- Iced Cup Cake
- Choc Cup Cake (GF,DF)
- Blueberry Muffin
- Apple & Cinnamon Cake

**YOGHURT**

- Chobani Yoghurt - Raspberry
- Chobani Yoghurt - Blueberry
- Chobani Yoghurt - Mango
- Chobani Yoghurt - Plain

**DIPS & CRACKERS**

- Tzatziki dip with Rice Crackers
- Avocado dip with Rice Crackers
- Spring Onion dip with Rice Crackers

**POPCORN/SNACKS**

- Cobs Popcorn, Lightly Salted
- Cobs Popcorn Slightly Sweet, Lightly Salted
- Lightly salted Fav'va Beans
- Cranberry Freedom Foods Bar (GF)

**DRINKS**

- Apple Juice
- Orange Juice
- Nippy's Chocolate Milk