

MENU TERM 1, 2019!

Order ONLINE up until 8.30am on the DAY THE LUNCH IS REQUIRED! A Two Course Lunch is \$8.95 and a 3 Course Lunch is \$10.35

LUNCH ITEM ONE

SALADS

Greek Style Salad with Feta and Olives (GF)
Brown Rice & Mixed Bean Salad (GF)
Thai Style Noodle Salad (GF)
Quinoa, Tabouli & Tuna Salad (GF)
Pasta 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
Supreme Pizza Roll
Topped with Only Cheese 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
Gluten Free Ham & Cucumber Sandwich (GF)
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 and Salad

Salad with Ham (No Cheese) ROLL

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

Fresh Fruit Combo
Freshly chopped Orange Segments
Freshly chopped Strawberries with Green Grapes
Apple with Lemon Juice, Brown Sugar & Cinnamon
Freshly chopped Cantaloupe & Watermelon
Freshly Chopped Watermelon pieces
Chopped Carrot, Cucumber, Red & Yellow Capsicum
Freshly chopped Pineapple with Orange Pieces
Lightly Steamed Corn Wheels & Broccoli
Sugar Snap Peas, Beans & Cherry Tomatoes
Cherry Tomatoes with Tasty Cheese & Rice Crackers

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 - Strawberry
Chobani Yoghurt - Blueberry
Chobani Yoghurt - Plain
Chobani Yoghurt - Plain
Chia, Banana, Coconut and Strawberry Bowl

DIPS & CRACKERS

Tzatziki dip with Rice Crackers
Avocado dip with Rice Crackers
Spring Onion dip with Rice Crackers
Moroccan Carrot dip with Rice Crackers

POPCORN/SNACKS

Cobs Popcorn, Lightly Salted
Cobs Popcorn Slightly Sweet, Lightly Salted
Lightly salted Fav'va Beans

DRINKS

Apple Juice Orange Juice Nippy's Chocolate Milk

For more information check out our website