

**MONDAY- RECESS** CHICKEN QUESADILLAS ½ \$2.00 or 4  
PACK NUGGETS \$2.00 or SPINACH & RICOTTA  
TRIANGLES 50c each

**LUNCH-** MINI PIZZAS \$2.00 or SWEET CHILLI CHICKEN  
WRAP \$3.50 or FRESH TOMATO & BASIL PASTA \$3.00

**TUESDAY- RECESS** CHEESE TOASTIE ½ \$1.00 OR HAM &  
CHEESE TOASTIE ½ \$2.00 OR BEANIES \$2.00 OR  
CHICKEN & CORN ROLLS \$2.00

**LUNCH-** MINI PIZZAS \$2.00 OR CHICKEN BURGER \$3.50  
OR **VEGIE BURGER \$3.50 (PLEASE ORDER)** OR HAM &  
CHEESE MELTS \$2.00

**WEDNESDAY- RECESS** BACON & EGG MUFFIN \$3.00 OR  
4 PACK NUGGETS \$2.00 OR HOT SPUD & CHEESE \$3.00

**LUNCH-** SATAY CHICKEN NOODLES \$3.50 OR STEAMED  
VEGIE DIM SIMS \$1.50 & CHICKEN TENDER WRAP \$3.50

**THURSDAY- RECESS** HASH BROWNS \$1.00 OR MINI  
PIZZAS \$2.00 OR GOZLEME SPINACH & FETA ½ \$3.00

**LUNCH-** CHICKEN & CORN ROLLS \$2.00 OR CHICKEN  
BURGERS \$3.50 OR SPINACH & RICOTTA TRIANGLES 50C  
EACH

**FRIDAY- RECESS** PIZZA SUBS \$3.50(CHICKEN & BACON  
OR HAM & PINEAPPLE) HAM & CHEESE MELTS ½ \$2.00  
OR HONEY SOY & GARLIC NOODLE TUB \$2.50

**LUNCH-** HOME MADE QUICHES \$3.00 & CHICKEN,  
QUESADILLA ½ \$2.00 OR CHICKEN CAESAR WRAP  
\$4.00(BACON, LETTUCE, CAESAR DRESSING, PARMESAN CHEESE)

## **VOLUNTEERS NEEDED!**

**We are in desperate need of volunteers for food  
prep & serving. Even if you can just spare a couple  
of hours from 9-11.00 am or 12-1.30 we would  
love to have you!**

## **FOLLOW US ON FACEBOOK!**

**FRESH FRUIT SMOOTHIES AVAILABLE WHEN WE  
HAVE EXTRA HELPERS \$3.00**

## **DRINKS**

UP & GO CHOC OR VANILLA \$2.50

PLAIN MILK 600 ML \$2.00

SMALL FLAVOURED MILK VARIETIES \$2.50

LARGE FLAVOURED MILK VARIETIES \$3.50

100% FRUIT JUICE POPPERS \$1.50

WATER \$2.00

SPARKLING WATER PLAIN OR FLAVOURED \$2.50

KOMBUCHA \$2.50

DAILY JUICE \$4.00

ORCHIE OR BERRI JUICES \$3.50

MILKSHAKES \$2.50

(CHOC, CARAMEL, BANANA, COOKIES & CREAM, COFFEE,  
STRAWBERRY, SPEARMINT OR VANILLA

## **SANDWICHES & WRAPS**

**GLUTEN FREE MUST BE ORDERED & ADD  
\$1.00**

**WRAPS OR TOASTED PLEASE ADD 50C TO  
YOUR ORDER**

CHICKEN, LETTUCE & MAYO \$4.00

HAM & CHEESE \$4.00

CHEESE & VEGEMITE \$3.00

EGG & LETTUCE \$3.50

TUNA & LETTUCE \$3.50

SALAD \$3.50

HAM, CHICKEN OR CHEESE (CHEDDAR) &  
SALAD \$4.50

EXTRAS- CHEESE OR AVOCADO \$1.00 ANY  
OTHER SALAD ITEM 50C EACH

**AVAILABLE OVER THE COUNTER**

ROASTED VEGIE COUS COUS SALAD \$3.00

FRESH SUSHI (TIME PERMITTING)  
TUE, WED, THUR,) \$4.00

HOMMUS & VEGIE STICKS \$2.50

CHEESE & CRACKERS \$2.50

SALAD TUBS FROM \$3.00

FRESH FRUIT 80C