



# HEALTHY CHOICES MENU

## BREAKFAST

Cup of Milk	\$ 1.00
Cookie	\$ 1.00
Milo	\$ 1.20
Fresh Muffin	\$ 2.00

## MEAL DEALS

<b>A</b> Cheese & Ham Sandwich, Muffin + Large Water/Plain Milk	\$ 6.00
<b>B</b> Sausage Roll, Muffin + Flavoured Milk	\$ 7.00
<b>C</b> Spaghetti, Muffin + Flavoured Milk	\$ 8.00

## HOT FOOD

Garlic Bread (V)	\$ 1.00
Sausage Roll	\$ 3.50
Pizza (Hawaiian, BBQ Chicken, Marguerite (V)	\$ 3.50
Hot Dog	\$ 3.50
Hot Dog + Cheese	\$ 4.00
Spinach & Ricotta Roll (V)	\$ 4.00
Spaghetti Bolognese (GF option \$5)	\$ 4.50
Butter Chicken	\$ 4.50
Chicken OR Beef Burger	\$ 5.00
Chicken Schnitzel Roll	\$ 5.00
Nacho (GF)	\$ 5.00

## SNACKS

Jelly Cup with Fruit	\$ 1.00
Popcorn/Jumpy's	\$ 1.00
JJ/Red Rock Chips	\$ 1.50
Cheese + Crackers	\$ 1.50
Muffin	\$ 2.00
Carrot sticks with Hummus (GF)	\$ 2.00
Fresh Fruit Box	\$ 3.00

## HAPPY BIRTHDAY- WHOLE CLASS

Muffins	\$25.00
Slushie	\$35.00
Tuckshop Bag	\$ 0.10
Sauce (Tomato, BBQ, Caesar, Soy)	\$ 0.20

\*(V) denotes Vegetarian Option (GF) gluten free

## SANDWICHES & WRAPS

\*All made on wholemeal unless white is requested. Please add 50c for wrap, roll or toast

Butter (V)	\$ 1.50
Vegemite/Jam/Honey (V)	\$ 2.50
Cheese/Ham	\$ 3.00
Cheese + Ham	\$ 3.50
Egg + Lettuce (V)	\$ 3.50
Salad (V)	\$ 4.00
Chicken + Avocado	\$ 4.00
Ham + Salad	\$ 5.00
Chicken + Salad	\$ 5.00

## SALAD BOX

Caesar Salad	\$ 5.50
Garden Salad (V)	\$ 5.50
Caesar Salad with Chicken	\$ 6.00
Garden Salad with Chicken	\$ 6.00
Garden Salad with Egg (V)	\$ 6.00

## DRINKS

Water (small)	\$ 1.00
Water (large)	\$ 1.50
Plain Milk (300ml)	\$ 1.50
Pop Tops Fruit Juice - Apple, Orange, Apple Blackcurrant Flavoured Milk/Up n Go	\$ 2.50
Choc, Strawberry, Vanilla, Banana	\$ 2.50

## ICE TREATS

Frozen Orange	\$ 0.20
Fruite Ice	\$ 0.50
Sour Ice Stick	\$ 1.00
Calippo	\$ 1.50
Slushie Sorbetto	\$ 2.00
Paddle Pop Icy Twist	\$ 2.00
Twist Yoghurt	\$ 2.50

## SUSHI every Tuesday

Chicken/Tuna/Avo	\$ 4.00
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VOLUNTEERS ALWAYS WELCOME AND MUCH LOVED!