

Term 1 2018

Sandwiches white / wholemeal bread (gluten free bread for \$2.00 extra)

Vegemite	\$2.50
Egg	\$3.00
Cheese	\$3.00
Ham	\$3.50
Ham and cheese	\$4.00

Rolls

Cheese lettuce & tomato	\$4.50
Ham lettuce & tomato	\$5.00
Tuna lettuce & tomato	\$5.00

Wraps

Chicken lettuce & tomato	\$5.00
Egg and lettuce	\$4.00

Salad bowls

Lettuce, tomato, carrot & cucumber	\$3.50
Add Chicken	\$4.50
Add tuna	\$4.50

Sushi \$2.50ea

Tuna - Cooked tuna, lettuce & Mayonnaise
Teriyaki - Chicken, lettuce & Mayonnaise
Egg - Japanese omelette, carrot, lettuce & mayonnaise

Rice Paper Rolls \$2.50ea

Vegetable - carrot, avocado, lettuce, vermicelli noodles & sweet chilli
Chicken - chicken, carrot, lettuce, vermicelli noodles & sweet chilli
Prawn - Cooked prawn, carrot, lettuce, vermicelli noodles & sweet chilli

Hot Pastas

Penne Napoli	\$6.00
Penne bolognaise	\$6.00

Extras

Anzac Cookie (low sugar & DF)	\$2.00
Slice of Banana Bread (GF)	\$3.00
Bag of popcorn (gf)	\$1.00
Single piece of fruit	\$.50
Fresh Fruit salad bowl	\$3.50

Yoghurts

Nudie Coconut Vanilla	\$3.50
Chobani squeeze blueberry	\$2.70
Chobani squeeze strawberry	\$2.70
Chobani squeeze Greek honey	\$2.70

Drinks

Breaka milk Strawberry 250ml	\$1.50
Breaka milk Chocolate 250ml	\$1.50
Pauls full cream milk 300ml	\$1.50
Raw C coconut milk vanilla 300ml	\$3.50
Raw C coconut milk choc 300ml	\$3.50
Apple Juice Popper (lowsugar organic)	\$2.00
Frozen Apple jucie popper (low sugar organic)	\$2.00

Packaging*

Paper bag	\$0.10
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* Please send along your named, reusable lunch bags to reduce packaging.