



# Menu

TERM 3 2019

PLEASE PRE-ORDER TO GUARANTEE YOUR FIRST CHOICE

## SANDWICHES

SALAD CONSISTS OF:  
Lettuce, tomato,  
cucumber and carrot.

### DELI STYLE

Ham and salad	\$5.50
Chicken and salad	\$5.50
Cheese and salad	\$5.20
Ham, cheese and tomato	\$5.00
Egg, lettuce and mayo	\$5.00
Chicken, lettuce and mayo	\$5.00
Ham and cheese	\$4.20
Cheese and tomato	\$4.00

### PLAIN SANDWICHES

Chicken	\$3.50
Ham	\$3.50
Cheese	\$2.50
Egg	\$3.50
Tuna	\$3.50

Breads:  
Gluten free available for pre-orders  
Multigrain  
Wholemeal

## HOT FOOD

Ham and cheese croissant	\$4.50
Egg and bacon sandwich	\$4.50
Wedges, sour cream and sauce	\$4.50

### PIZZA

Pizza - ham and pineapple	\$4.50
Pizza - margherita	\$4.50
Garlic bread	\$3.00

### PIE, PASTY, SAUSAGE ROLL

Balfours Better Bite beef pie	\$4.00
Balfours Better Bite sausage roll	\$4.00
Balfours Better Bite vegetarian pasty (V)	\$4.00
Premium vegetable pasty	\$4.50
Meat pasty	\$4.50
Premium beef pie	\$4.50
Premium chicken and vegetable pie	\$4.50
Favourites sausage roll	\$4.50

### SAUCES

Tomato, sweet chilli or BBQ	\$0.20
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## Term 3 DAILY SPECIALS

SIZE: Small - \$5.50 / Large - \$6.50

Small / large prices as above, unless a price is listed next to an item.

Items with (GF) can be made gluten free, but they **must be pre-ordered**.

### MONDAY

Chicken korma with peas and rice
Beef burger with cheese, tomato and lettuce (6.50)
Vegetable curry with rice (V) (GF)

### TUESDAY

Beef noodle stir fry with vegetables (GF)
Vegetarian noodles (V)
Pasta meatballs in napolitana sauce with small garlic bread

### WEDNESDAY

Hotdog with cheese and sauce (\$4.50)
Penne bolognaise (GF)
Mediterranean vegetable pasta (V)

### THURSDAY

Butter chicken with rice
Tuna mornay with vegetables (GF)
Lentil burger with tzatziki (V)

### FRIDAY

Chicken tenders burger with sweet chilli mayo, lettuce and tomato (6.50)
Vegetarian fried rice (V) (GF)
Creamy ham pasta bake

## WRAPS

SIZE: Half - \$4.50 / Full - \$6.50

### FALAFEL

Falafel, lettuce, tomato, cucumber and tzatziki dressing

### CHICKEN CAESAR

Grilled chicken, cheese, bacon, lettuce, tomato and caesar dressing

### SWEET CHILLI CHICKEN

Chicken tenders, lettuce, tomato, cucumber and sweet chilli sauce

### EGG AND SALAD

### HAM AND SALAD

## SALADS

### CHICKEN CAESAR SALAD

SIZE: Small - \$5.50 / Large - \$6.50

### CAESAR SALAD (V)

SIZE: Small - \$5.00 / Large - \$6.00

### GARDEN SALAD (V)

SIZE: Small - \$5.00 / Large - \$6.00

### THAI CHICKEN SALAD

SIZE: Small - \$5.50 / Large - \$6.50

### PASTA SALAD (V)

SIZE: Small - \$4.50 / Large - \$5.50

## BAKERY

Muffin	\$3.50
Honey Joy	\$2.00
Assorted Anzac-choc, smiley or choc-chip cookies	\$2.50
Finger buns	\$2.50
Doughnut	\$3.50

## ICY TREATS

Frosty Fruits Tropical	\$2.40
Life Saver	\$2.40
Billabong (choc / rainbow)	\$1.80
Frozen juice cup	\$1.00
Zooper Dooper	\$1.00

## DRINKS

Mount Franklin spring water 600ml	\$2.80
Pump water 750ml	\$3.80
Pump water flavoured 750ml	\$4.40
Deep Spring flavoured mineral water 500ml	\$4.00
Glacéau Vitaminwater 500ml	\$4.50
Fuze Tea	\$4.50
Fruit box 250ml	\$2.50
Flavoured milk 300ml	\$3.50
Flavoured milk 600ml	\$4.50
Up & Go 350ml	\$3.80
Farmers Union Iced Coffee 375ml	\$4.00
Farmers Union Iced Coffee 600ml	\$4.80

## COOL CHOICES

Fresh fruit salad - small	\$2.00
Fresh fruit salad - large	\$3.00
Yoghurt with fruit topping	\$3.00
Seasonal fresh fruit pieces	\$1.50
Jelly cup	\$1.50
Mousse cup	\$2.00

## SNACKS

Sultanas or dried fruit pot	\$1.50
Veggie chips	\$2.60
Red Rock Deli chips	\$2.60
Kettle chips (GF)	\$2.60
Rice crackers and cheese (GF)	\$1.50
Muesli pot / bar	\$1.00

## EAT & DRINK WELL

### EAT MOSTLY

Green underline

### EAT MODERATELY

Yellow underline

### EAT LESS

Red underline

V = Vegetarian  
GF = Gluten free\*

\*GF products do not use any ingredients that contain gluten, but as they are prepared in a shared environment, we cannot guarantee they are completely gluten free. Gluten free daily specials must be pre-ordered.