



Menu

TERM 4 2021

PLEASE PRE-ORDER TO GUARANTEE YOUR FIRST CHOICE

SANDWICHES

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

DELI STYLE

Ham and salad	\$5.70
Chicken and salad	\$5.50
Cheese and salad	\$5.20
Ham, cheese and tomato	\$5.20
Egg, lettuce and mayo	\$5.20
Chicken, lettuce and mayo	\$5.20
Ham and cheese	\$4.20
Cheese and tomato	\$4.00

PLAIN SANDWICHES

Chicken	\$3.70
Ham	\$3.70
Cheese	\$2.70
Egg	\$3.70
Tuna	\$3.70
Vegemite	\$3.00
Breads:	
Gluten free available for pre-orders	
Multigrain	
Wholemeal	

HOT FOOD

SOUP OF THE DAY

Pre-ordering recommended

Daily soup with bread	\$5.00
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HOT FOOD

Ham and cheese croissant	\$4.60
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Egg and bacon sandwich	\$4.70
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Wedges, sour cream and sauce	\$4.50
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PIZZA

Pizza - ham and pineapple	\$4.50
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Pizza - margherita	\$4.50
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Garlic bread	\$3.00
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PIE, PASTY, SAUSAGE ROLL

Angus beef pie	\$4.50
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Sausage roll	\$4.50
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Vegetarian pasty (V)	\$4.50
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Pasty	\$4.50
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Chicken and vegetable pie	\$4.50
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SAUCES

Tomato, sweet chilli or BBQ	\$0.20
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Term 4 DAILY SPECIALS

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

Small / large prices as above, unless a price is listed next to an item. (L) indicates large only.

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

MONDAY

Beef burger with lettuce, tomato, gherkins and burger sauce (L)

Lentil burger with salad, tzatziki and sweet chili sauce (L) (V)

Chicken Korma with rice (GF)

TUESDAY

Saucy meatballs & mash potatoes

Chicken & veg hokkien noodles (GF)

Veggie hokkien noodles (GF) (V)

WEDNESDAY

Hotdog with cheese and/or sauce (\$4.50)

Penne bolognese (GF) (V)

Pasta with veggies and Napoletana sauce (V) (GF)

THURSDAY

Butter chicken with rice (GF)

Vegetable curry with rice (V) (GF)

Penne cacciatore with Italian sausage and a tomato sauce with mild spices.

FRIDAY

Beef burrito (L)

Pork and veg fried rice (GF)

Vegetarian fried rice (V) (GF)

EAT & DRINK WELL

EAT MOSTLY

Green underline

EAT MODERATELY

Yellow underline

EAT LESS

Red underline

V = Vegetarian
GF = Gluten free on request*

*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.

WRAPS

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

FALAFEL

Falafel, lettuce, tomato, cucumber, carrot and tzatziki dressing

CHICKEN CAESAR

Chicken, egg, bacon, cucumber, parmesan, lettuce & caesar dressing

SWEET CHILLI CHICKEN

Shredded chicken, lettuce, tomato, cucumber and sweet chilli dressing

HONEY MUSTARD HAM WRAP

Ham, cheese, carrot, cucumber, tomato, lettuce & honey mustard

EGG AND SALAD

Egg, mayo, cucumber, tomato, carrot and lettuce.

HAM AND SALAD

Ham, mayo, cucumber, tomato, carrot and lettuce.

BAKERY

Muffin	\$3.50
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Honey Joy	\$1.00
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Assorted Anzac-choc, smiley or choc-chip cookies	\$2.50
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Finger buns	\$3.00
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Doughnut	\$3.50
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COOL CHOICES

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

CHICKEN CAESAR SALAD

Lettuce, parmesan, cucumber, chicken, bacon, egg, red onion, caesar dressing and croutons.

* Vegetarian option available (V)

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

GARDEN SALAD (V)

Lettuce, tomato, cucumber, carrot, red onion and balsamic dressing.

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

THAI CHICKEN SALAD

* Vegetarian option available (V)

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

DRINKS

Mount Franklin spring water 600ml	\$2.80
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Pump water 750ml	\$3.80
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Pump water flavoured 750ml	\$4.40
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Deep Spring flavoured mineral water 500ml	\$4.00
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Glacéau Vitaminwater 500ml	\$4.50
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Fuze Tea	\$4.50
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Fruit box 250ml	\$2.50
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Up & Go 350ml	\$3.80
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SNACKS

Veggie chips	\$1.00
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Red Rock Deli chips	\$2.60
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Kettle chips (GF)	\$2.60
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Rice crackers and cheese (GF)	\$1.50
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Muesli pot / bar	\$1.00
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Yoghurt and muesli	\$2.90
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ICY TREATS

Frosty Fruits Tropical	\$2.50
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Life Saver	\$2.50
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Billabong (choc / rainbow)	\$2.00
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Frozen juice cup	\$1.00
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Zooper Dooper	\$1.00
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