



MENU

Term 2 2023

pre-orders are encouraged to secure your first choice

Sandwiches

Salad | Lettuce, tomato, cucumber, carrot

Deli Style

Ham and salad	\$6
Chicken and salad	\$6
Cheese and salad	\$5.50
Ham, cheese, tomato	\$6
Egg, lettuce, mayo	\$5.50
Chicken, lettuce, mayo	\$6
Ham and cheese	\$5.50
Cheese and tomato	\$5.50

Plain

Chicken	\$4.50
Ham	\$4.50
Cheese	\$3.50
Egg	\$4
Tuna	\$4.50
Vegemite	\$3

Bread options

Gluten free (pre-orders only), multigrain, and wholemeal.

Wraps

Half: \$5.50 / Full: \$7

Falafel | with lettuce, tomato, cucumber, carrot and tzatziki

Chicken Caesar | with egg, bacon, cucumber, parmesan, lettuce and dressing

Sweet chilli chicken | with lettuce, tomato, cucumber and sweet chilli sauce

Honey mustart ham | with cheese, carrot, cucumber, tomato, lettuce and honey mustard

Egg and salad | with mayo, cucumber, tomato, carrot and lettuce

Salads

Chicken Caesar Salad Small: \$6 / Large: \$7
Lettuce, parmesan, cucumber, chicken, bacon, egg, red onion, Caesar dressing and croutons. Vegetarian option available (V)

Gareden Salad Small: \$5.50 / Large: \$6.50
Lettuce, tomato, cucumber, carrot, red onion and balsamic dressing

Thai Chicken Salad Small: \$6 / Large \$7
Vegetarian option available (V)

Hot Options

Ham and cheese croissant	\$5
Egg and bacon sandwich	\$5.50
Wedges, sour cream and sauce (V)	\$4.50
Pizza – ham and pineapple	\$5.50
Pizza – margherita (V)	\$5
Pizza – ham	\$5.50
Garlic bread	\$3

Beef pie	\$4.50
Chicken and vegetable pie	\$4.50
Sausage roll	\$4.50
Vegetarian pasty (V)	\$4.50
Pasty	\$4.50
Sauce	
Tomato	\$0.30
Sweet chilli	\$0.30
BBQ	\$0.30

Bakery

Muffin (assorted)	\$3.50
Biscuits (assorted)	\$2.80
Banana bread	\$3.50
Apple/raspberry bread	\$3.50
Doughnut	\$4.

Chilled

Fruit salad / small (GF)	\$2
Fruit salad / large (GF)	\$3
Yoghurt / small	\$2.50
Yoghurt / large	\$3
Yoghurt with fruit topping	\$3
Jelly cup	\$2.50
Mousse cup	\$2.50

Snacks

Veggie chips	\$2
Red Rock Deli chips	\$3
Kettle chips (GF)	\$3
Muesli pot/bar	\$2.50
Cheese and crackers	\$2.70

Frozen

Frosty Fruits	\$2.50
Life Saver	\$2.50
Billabong (choc/rainbow)	\$2.50
Frozen juice cup	\$1
Zooper Dooper	\$1

Drinks

Mt Franklin still water	\$2.80
Pump still water	\$4
Pump flavoured water	\$4.50
Deep Spring mineral water	\$3
Glacéau Vitamin water	\$4.50
Fuze tea	\$4.50
Fruit box	\$2.50

Daily Specials

Monday

Mexican beef burrito	\$7
Vegetarian burrito	\$7
Hotdog with sauce	\$5.50

Tuesday

Chicken schnitzel with roast potato, vegetables and gravy	\$6.50
Chicken stirfry noodles, vegetables	\$7
Vegetablesnoodleswithmarinatedtofu	\$7

Wednesday

Beef lasagne	\$7
Housemade jumbo sausage rolls with salad	\$6.50
Penne with roast vegetable napoletana sauce	\$6.50

Thursday

Butter chicken with rice (GF)	\$6.50
Vegetable curry with rice (V, GF)	\$6.50
Fish burger with lettuce and tartare	\$7

Friday

Chicken Bahn mi inspired roll	\$7
Vegetable fried rice (V, GF)	\$6.50
Chicken fried rice	\$6.50

Making choices

Check your choice's underline colour to make it a healthy one!

green | EAT MOSTLY

yellow | EAT SOMETIMES

red | EAT LESS OFTEN

V = Vegetarian | GF = Gluten Free: Gluten free products do not use any ingredients containing gluten, but are prepared in a shared environment. We therefore cannot guarantee that they are completely free of gluten.

Barista-made coffee available 8am to 10:30am on school days (students excluded)

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