



## MENU - TERM 2, 2019

Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED!  
Select a TWO Course Lunch for \$8.95 or a 3 Course Lunch for \$10.35

### LUNCH ITEM ONE

#### SALADS

- Greek Style Salad with Feta and Olives (V, GF)
- Brown Rice & Mixed Bean Salad (V, GF)
- Thai Style Noodle Salad (V, GF)
- Mexican Inspired Salad (V, GF)
- Quinoa, Tabouli & Tuna Salad (GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)

#### SUSHI

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)

#### BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll
- Supreme Pizza Roll
- Topped with Only Cheese Roll

#### PITA PIZZA'S

- Margherita Pita Pizza
- Ham and Pineapple Pita Pizza
- Fresh Tomato and Italian Herb Pita Pizza
- Spinach and Feta Pita Pizza

#### SANDWICHES, ROLLS & WRAPS

- Ham, Cheese and Tomato Sandwich
- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Ham and Cheese Roll
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich
- Mild Salami and Salad Roll
- Beetroot and Salad Roll
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain Cheese and Tomato Sandwich
- WRAP (GF) Ham and Salad
- GF Vegemite & Tasty Cheese Sandwich
- Chicken and Salad Roll
- Wholegrain ROLL Tuna and Salad
- Salad with Ham (No Cheese)

### LUNCH ITEM TWO/THREE

#### FRESH FRUIT & VEG

- Fresh Fruit Combo
- Freshly chopped Strawberries & Apple Pieces
- Apple with Lemon Juice, Brown Sugar & Cinnamon
- Freshly chopped Cantaloupe & Watermelon
- Stewed Apple & Rhubarb with Custard
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Whole Fruit – Banana
- Whole Fruit - Mandarin
- Freshly chopped Pineapple with Orange pieces
- Lightly Steamed Corn Wheels & Broccoli
- Sugar Snap Peas, Beans & Cherry Tomatoes
- Edamame (Lightly Salted)
- Cherry Tomatoes with Tasty Cheese & Rice Crackers

#### BAKED GOODS

- Choc Chip Cookie
- Fruit Bun
- Finger Bun with Sprinkles
- Banana Cup Cake (GF,DF)
- Iced Cup Cake
- Choc Cup Cake (GF,DF)
- Blueberry Muffin
- Apple & Cinnamon Cake

#### YOGHURT

- Strawberry Chobani Yoghurt
- Blueberry Chobani Yoghurt
- Passionfruit Chobani Yoghurt
- Plain Chobani Yoghurt
- Chia, Banana, Coconut and Strawberry Bowl

#### DIPS & CRACKERS

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers
- Moroccan Carrot Dip with Rice Crackers (DF)
- Beetroot Dip with Rice Crackers (DF)

#### POPCORN/SNACKS

- Cobs Popcorn, Lightly Salted
- Cobs Popcorn Slightly Sweet, Lightly Salted
- Lightly salted Fav'va Beans

#### DRINKS

- Apple Juice
- Orange Juice
- Nippy's Chocolate Milk

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