

GF Wrap - Ham and Salad

GF Wrap - Garden Salad (GF, Va)

Healthy, Interesting and Affordable Lunch Packs, Delivered to School Servicing Cheltenham East on Monday, Wednesday, Thursday and Friday! Orders received until 8:30am on the day!

2 Course Lunch Pack from \$6.45

Choose a Main Course item, then select 1 or 2 Items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack.

			Speeds / Drink Many
Main Course Menu	2 Course Lunch	3 Course Lunch	3ndck/ Drink Menu (+\$1.00)
SUSHI HAND ROLLS (2pc) Soy Sauce (GF) Provided			FRESH FRUIT & VEGETABLES
Teriyaki Chicken Hand Rolls (H) Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50 \$11.50	\$13.75 \$17.75	Apple pieces, Lemon juice, Cinnamon & Brown Sugar ★ Cantaloupe and Honeydew Pieces ★
Cooked Tuna Hand Rolls (GF)	\$11.50 \$11.50	\$13.75 \$13.75	Fresh Fruit Combo *
Avocado Hand Rolls (GF, Va)	\$11.50	\$13.75 \$13.75	Freshly Chopped Orange Segments
Cucumber Hand Rolls (GF, Vg)	\$11.50	\$13.75	Freshly Chopped Strawberries with Grapes
Vegetarian Hand Rolls (GF, Vg)	\$11.50	\$13.75	Freshly Chopped Watermelon Pieces
Tofu Hand Rolls (GF, V)	\$11.50	\$13.75	Whole Fruit - Apple
(0.7)	4	4	Whole Fruit - Banana
RICE PAPER ROLLS (2pc)			Carrot, Cucumber, Red & Yellow Capsicum
Chicken Rice Paper Rolls (GF, H)	\$13.45	\$15.45	Celery and Carrot Sticks with Sultanas
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$15.45	Cherry Tomatoes, Tasty Cheese & Rice Crackers
			Corn Wheels & Lightly Steamed Broccoli
BAKERY All items freshly baked this morning!			Edamame (Lightly Salted)
Cheese and Vegemite Scroll (V)	\$6.45	\$8.95	Sugar Snap Peas, Beans and Cherry Tomatoes ★
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95	
Topped with Only Cheese Roll (V)	\$6.45	\$8.95	BAKERY - SWEET
Cheese and Bacon Roll	\$7.45	\$9.95	Choc Chip Cookie
Semi-dried Tomato, Olive & Cheese Roll (V)	\$8.95	\$11.45	Finger Bun with Sprinkles
Scroll with Ham and Cheese	\$9.95	\$12.85	Fruit Bun
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65	Cinnamon Doughnut
			Cornflake Cookie
PIZZA & GOZLEME Served at Room Temp			Choc Cup Cake (GF/DF) ★
Ricotta & Spinach Pastizzi (2) (V)	\$7.45	\$9.95	Blueberry Muffin ★
Samosa Pastizzi (2) (Vg)	\$7.45	\$9.95	Jam Drop Biscuit (GF) ★
Margherita Pita Pizza (V)	\$8.95	\$11.45	Banana Slice (GF) ★
Ham & Pineapple Pizza Slice	\$10.95	\$13.65	
Spinach and Cheese Gozleme (V)	\$13.45	\$15.45	SUSHI
Lamb and Beef Gozleme (H)	\$13.45	\$15.45	1pc Tuna Sushi (GF) ★
Mushroom and Spinach Gozleme (Vg)	\$13.45	\$15.45	DODGODN
CANDWIGHES / DOLLS / WDADS			POPCORN Climbals Council Limbals Coulons
SANDWICHES / ROLLS / WRAPS Strough our Lights Condition (15) and 15	\$7.45	¢0 0Г	Slightly Sweet, Lightly Salted
Strawberry Jam Sandwich (1.5) (Vg) Vegemite Sandwich (2) (Vg)	\$7.45 \$8.95	\$9.95 \$11.45	Lightly Salted
Plain Cheese Sandwich (2) (v)	\$9.95	\$11.45 \$12.85	DRIED FRUIT / LEGUMES
Simple Salad Roll (Vg)	\$9.95	\$12.85	Lime & Black Pepper Chickpeas
Cheese and Salad Roll (V)	\$10.95	\$12.65	Roasted Chickpeas
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.75	\$13.65	Balsamic & Sea Salt Fava Beans
Roast Chicken and Salad Roll (H)	\$11.50	\$13.75	Dried Fruit Medley with Yoghurt Sultanas ★
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75	Died Full Fiedley With Foghalt Suitahas A
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75	DIPS WITH MINI RICE CAKES
Mild Salami and Salad Roll	\$11.50	\$13.75	Tzatziki Dip with Mini Rice Cakes ★
Wrap w/Chicken, Tzatziki, Lettuce, Tomato Cucumber (H)		\$14.95	Spring Onion Dip with Mini Rice Cakes ★
'Banh Mi' Style Roast Chicken Long Roll (H)	\$12.75	\$14.95	Spicy Capsicum Dip with Mini Rice Cakes ★
3 · · · · · · · · · · · · · · · · · · ·	•	,	Avocado Dip with Mini Rice Cakes ★
SALADS / PICNIC BOXES / FRUIT & VEG			•
Steamed Corn Wheels, Broccoli & Carrot (GF, Vg)	\$9.95	\$12.85	YOGHURTS / BOWLS
Fresh Fruit Salad - Main Course Size (GF, Vg)	\$11.50	\$13.75	Strawberry Yoghurt (Dairy Farmers) ★
Vegetarian Picnic Box (GF, V)	\$11.50	\$13.75	Classic Vanilla Yoghurt (Dairy Farmers) ★
Ham Picnic Box (GF)	\$11.50	\$13.75	Chia Bowl with Banana, Coconut & Strawberries ★
Greek Style Salad with Feta and Olives (GF, V)	\$12.75	\$14.95	Stewed Rhubarb and Apple with Custard ★
Tortellini Pasta Salad (V)	\$12.75	\$14.95	GIRCHARI
Mexican Inspired Salad (GF, Vg)	\$12.75	\$14.95	DRINKS
			Apple Juice (Nippy's)
GF SANDWICHES & WRAPS			Orange Juice (Nippy's)
GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65	Chocolate Milk (Nippy's)
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65	Strawberry Milk (Nippy's)
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\$14.95

\$14.95

\$12.75

\$12.75

So Good Soy Milk

ORDER NOW

Full Cream Milk