

MENU - TERM 1 2009

☺☺☺ - Everyday Food

☺☺ - Select Carefully Food

Sensational SANDWICHES, Rockin' ROLLS & Ripper WRAPS			
Please choose either hi-fibre white or multigrain bread			
	Sandwich	Roll	Wrap
Salad- ☺☺☺ lettuce, cucumber, cheese, beetroot, tomato	\$3.50	\$3.80	\$4.00
Vegemite ☺☺☺	\$1.50	\$2.00	N/A
Cheese ☺☺☺	\$1.50	\$2.00	2.50
Roast Chicken ☺☺☺	\$3.40	\$4.00	\$4.20
Tuna ☺☺☺	\$3.40	\$4.00	\$4.20
Ham ☺☺	\$3.40	\$4.00	\$4.20
Extras 20c, Meat 60c, Mayonnaise, Spanish Onion 20c			

Super SALADS		
	Small	Large
Salad Plate ☺☺☺ lettuce, cucumber, cheese, beetroot, tomato	\$4.00	\$4.50
Meat & Salad Plate ☺☺☺	\$5.00	

Get the Edge with FRUIT & VEG	
Watermelon wedge, bag of grapes (Terms1&4) ☺☺☺	80c
Apples, Oranges, Pears (Terms3&4) ☺☺☺	80c
Cucumber Spears ☺☺☺	50c
Carrot Sticks ☺☺☺	50c
Fruit Salad ☺☺☺	\$1.50
Sultanas (per box) ☺☺☺	60c

The SNACK Bar	
Popcorn - Salt n Vinegar/Butter ☺☺☺	\$1.00
Muffins - low fat ☺☺	\$1.00
Milo Bar ☺☺	\$1.00
Piranhas-gluten free veggie snacks ☺☺	80c
Snakatas rice crackers ☺☺	70c
Flavoured Noodles - dry ☺☺	70c
Gingerbread Man ☺☺	\$1.00

FROZEN Frosties	
Quelch - Fruit Juice Tubes ☺☺☺	80c
Juicies -100% frozen fruit juice ☺☺☺	\$1.00
Zings - frozen yoghurt and fruit juice☺☺	\$1.00
Moosies - frozen flavoured milk ☺☺	\$1.30

Thirst Quenchers	
Bottled Water ☺☺☺	\$1.00
Fresh Milk ☺☺☺	\$1.00
Hot/Cold Milo ☺☺☺	\$1.20
Big M - choc, strawberry ☺☺☺	\$1.60
100% Juice - apple, orange ☺☺	\$1.60

Happening HOT STUFF	
Lean Flame Grilled Beef Burger with lettuce, cheese, tomato in a roll ☺☺☺	\$4.50
Macaroni Cheese ☺☺☺	\$3.00
Pasta Spirals ☺☺☺	\$3.00
Lasagne ☺☺☺	\$3.00
Spaghetti Bolognese ☺☺☺	\$3.00
Fried Rice ☺☺☺	\$3.00
Jacket Potato with cheese ☺☺☺	\$3.00
Baked Beans ☺☺☺	\$1.80
Spaghetti - no meat ☺☺☺	\$1.80
Corn Cob ☺☺☺	60c
Hot Chicken Roll with Mayo ☺☺	\$4.00
Hot Ham & Cheese Roll ☺☺	\$4.00
Tomato Sauce per sachet ☺☺	20c
Soy Sauce ☺☺	20c
Sweet & Sour Sauce ☺☺	20c

DAILY Delights	
Monday Pizza Slab - supreme, Hawaiian ☺☺	\$3.00
Tuesday Wedges ☺☺ Smiley Faces - max 6 ☺☺ Steamed Dim Sims - max 4 ☺☺	\$2.50 30c each 80c each
Wednesday Lite Sausage Rolls ☺☺ Lite Party Pie ☺☺	\$2.50 70c
Thursday Chicken Fillet Burger with lettuce and mayo ☺☺ in bread in roll	\$4.50 \$5.00
Friday Chicken Nuggets - max 5 ☺☺ Flake Bites - max 4 ☺☺	60c each 60c each