



# SCHOOL MENU





Food Coding  
 G- Green fill the menu  
 A- Amber select carefully  
 R- Red only occasionally  
 GF- Gluten Free

**Hot Food**

Bacon Roll (A)		\$4.50
Bacon Egg Roll or Wrap (A)		\$5.00
Toasted Flat Wraps (G)	Cheese	\$3.80
	Ham & cheese	\$4.00
	Ham, cheese & tomato	\$4.50

**Healthy Beginnings**

Fresh Fruit Salad (G) (GF)	Seasonal Fruit & Yoghurt	\$5.50
Yoghurt (G) (GF)		\$4.50
Yoghurt & Muesli (G) (GF)		\$4.80
Yoghurt & Berries (G) (GF)		\$5.00
Fruit (G)	Fruit pieces available daily	\$1.00
Cereal (G)	Fresh Fruit Salad	\$4.50
Muffin (Low Fat) (A)	Assorted Cereal Cups	\$3.00
	Chocolate, choc chip, blueberry, raspberry, apple cinnamon	\$4.50
Banana Bread (A)		\$4.00





## HOT MEALS (Made Fresh Daily)

### PASTA

Lasagna (G)	Homemade traditional beef	\$6.50
Pasta Bolognese (G)	Bolognese sauce	\$6.00
Vegetarian Pasta (G)(made to order)	Char grilled vegetables in a napoletana sauce	\$6.00
Fettuccine Boscaiola (A)	Mushroom, bacon with a cream sauce	\$6.00
Mac n Cheese (A)	Homemade macaroni pasta with a cheese sauce	\$5.50
Fried Rice (G)		\$5.50
Butter Chicken (A)	With rice	\$6.00
Flat Wrap (A)	With chicken & avocado	\$5.00

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### VALUE PACKS

Schnitzel Pack	Chicken schnitzel, tabouli, hommus dip, and Lebanese bread	\$7.00
Falafel Pack	Falafel, tabouli, red cabbage, hommus and Lebanese bread	\$7.00



### PASTRIES

Beef Pie (A)		\$4.50
Sausage Rolls (A)		\$4.50
Spinach & Ricotta Roll (A)		\$4.80
Shepherd's Pie (A)		\$4.80

### ITALIAN PIZZA BAR

Margarita (G)	Cheese & Tomato	\$4.50
Vegetarian (G)	Olives, eggplant & roast capsicum	\$4.80
Hawaiian (G)	Ham & Pineapple	\$4.80





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**BURGER BAR**

Chicken Caesar Burger (A)	Grilled chicken, Caesar dressing, bacon, crouton & cos lettuce	\$6.00
Chicken Burger (A)	Chicken schnitzel, lettuce & mayo	\$5.50
Sweet Chilli Chicken Burger (A)	Chicken schnitzel, sweet chilli sauce, lettuce & mayo	\$5.80
Cheeseburger (A)	Fresh beef pattie, cheese & tomato sauce	\$5.50



**SANDWICHES**

Cheese Tomato (G)	Cheese & tomato	\$4.50
Smoked Ham (G)	Cheese & tomato	\$5.00
Egg (G)	Mayo & lettuce	\$4.50
Breads(G)	White, wholemeal or multigrain	
	Wrap	\$1.00
	Turkish/Focaccia	\$1.00

**FOCCACIA BREADS**

Chicken Caesar (A)	Chicken, croutons, bacon, cheese & Caesar dressing	\$4.00(small) \$6.00 (large)
Chicken Schnitzel (A)	Chicken schnitzel, tomato, lettuce & cheese	\$4.00(small) \$6.00 (large)
Chicken Schnitzel & Tabouli (A)	Chicken schnitzel, tabouli & hommus	\$4.00(small) \$6.00 (large)
Ham (A)	Smoked ham, tomato, lettuce & cheese	\$4.00(small) \$6.00 (large)
Falafel (A)	Falafel, tabouli & hommus	\$4.00(small) \$6.00 (large)





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**SALADS**

Greek Salad (G) (GF)	Tomato, cucumber, onion, capsicum, olives and feta	Small \$4.50 Large \$6.00
Garden Salad (GF)	Mescaline lettuce, cherry tomatoes, cucumber, carrot, capsicum & sprouts	Small \$4.50 Large \$6.00 Add chicken extra \$1.00
Chicken Caesar (G)	Cos lettuce, Caesar dressing, bacon and croutons	Small \$4.50 Large \$6.00
Mixed Beans (G) (GF)	Mixed beans, cucumber, capsicum and Spanish onion with dressing	Small \$4.50 Large \$6.00
Tabouli Salad (G)	Parsley, tomato, wheat germ & dressing	Small \$4.50 Large \$6.00
Thai Noodle Salad (G)	Thai noodles, red cabbage, carrot, capsicum, bean sprouts & baby spinach with dressing	Small \$4.50 Large \$6.00



**COLD DRINKS**

Juice 500ml (A)	Orange & apple	\$4.50
Water (G)	Spring water	\$2.50
Milks – Low Fat (G)		
300ml (G)	Chocolate, strawberry and iced coffee	\$3.00
500ml (G)	Chocolate and strawberry	\$4.50
Fruit Juice Slushie (A)	Assorted Flavours	\$2.00

