



All Day Breakfast

- Yoghurt & Muesli \$3.00 E
- Fruit Salad \$4.00 E
- Cereal with Skim Milk \$2.50 E
(Milo/Weetbix/Oat Flakes)
- Raisin Toast \$2.50 E
- Toast with Spread \$2.50 E
- Toasted sandwiches From \$3.00 E
- Egg Roll \$4.00 E
- Fresh Fruit Pieces \$1.00 E
- Low fat Banana Bread \$3.50 O

Hot Food

- Baked Vegetable Spring Rolls \$4.00 O
- Baked Chicken Breast Nuggets \$4.00 O
- Grilled lean Cheese Burger \$5.00 E
- Chicken Fillet Burger \$5.00 E
- Fish Burger \$5.00 E
- Lean Meat Pie \$4.00 O
- Grilled Chicken Roll \$4.00 E
- Lean Beef Hotdog \$3.50 O
- Lean Sausage Roll \$4.00 O
- Spinach and Feta Cheese Roll \$5.00 O
- Beef or Vegetarian Lasagne \$5.00 E
- Assorted Sushi \$4.00 E

Sandwiches /Wraps/Roll

- Cheese & Salad Sandwich \$4.00 E
- Turkey /Cheese/Tom \$4.00 E
- Turkey Cheese \$3.50 E
- Egg with Lettuce & Light Mayo \$4.00 E
- Tuna sandwich \$4.00 E
- Chicken Sandwich \$4.50 E
- Salad + Chicken or Tuna \$4.50 E
- Falafel Vegetarian Wrap \$5.00 E
- Chicken Salad Wrap \$5.00 E
- Kafta Wrap \$5.00 E
- Lean Turkey Salad Wrap \$5.00 E
- Warm Chicken Wrap \$5.00 E
- Chicken and Tabouli Wrap \$6.00 E
- Falafel and Tabouli Wrap \$6.00 E

- Cheese Salad Sub Roll \$6.00 E
- Chicken and Salad Sub Roll \$6.00 E
- Fetta and Tomato Sub Roll \$6.00 E

Daily Special Meals

(alternate daily)

- Homemade Penne Boscaiola \$5.00 E
- Vegetarian Fried Rice \$4.50 E
- 1 Kafta Roll 1 Chicken Stick and Salad with Hommus \$5.00 E
- Butter Chicken with Rice \$5.00 E
- Chicken /Beef Kababs \$5.00 E
- Flavour of the day Soup \$5.00 E
- Honey Soy Chicken with Rice \$5.00 E
- Penne Bolognese \$5.00 E
- Baked Chicken and Salad \$5.00 E
- Baked Fish and Salad \$5.00 E

Fresh Salad Box

- Greek Salad \$5.00 E
- Chicken Breast Salad \$ 6.00 E
- Egg Salad \$5.00 E
- Tuna Salad \$5.00 E
- Chicken Basil Pasta Salad \$5.00 E
- Pasta Salad \$4.00 E
- Potato salad \$4.00 E
- Tabouli \$5.00 E
- Thai Beef Salad \$6.00 E

Snacks

- Garlic Bread \$2.50 O
- Baked Hash Brown \$1.00 O
- Corn Cobs \$1.00 E
- Assorted flavoured popcorn - \$2.00 O
- Carrot Sticks with Hommus -\$2.50 E
- Cucumber Sticks with Hommus -\$2.50 E
- Low Fat Muffins \$4.00 O
- Watermelon Tub \$4.00 E
- Fruit Salad \$4.00 E

Frozen Treats /Drinks

- 99% Ora/App Frozen Juice Cup \$2.00 E
- Ice Block \$1.00 E
- Sliced Pineapple \$1.00 E
- 99% Fruit Juice Slushie \$2.50 E
- Frozen Yoghurt \$3.50 O
- Spring Water 600mls \$2.00 E
- Flavoured Spring Water lite \$3.50 O
- Up and Go Milk 250ml \$3.00 E
- Flavoured Milk Sm \$3.00 Lge \$4.50 E
- 99% 200ml Juice (App/Ora/AppBla) \$2.00 E
- 99% 250ml Juice (App/Ora/AppBla) \$3.00 E
- Sugar Free Soft Drinks From \$2.50 O



As per NSW Health School Canteens
¼ of Menu everyday foods and ¼
occasional Foods