

DRINKS

- 225ml HILO MILK \$1.50
- 300ml FLAVOURED MILK \$2.20
 - CHOCOLATE
 - BANANA
 - STRAWBERRY
 - NEOPOLITAIN



- 250ml POPPER JUICE \$1.50
- Apple or Orange

- 600ml WATER \$1.20
- 350ml WATER \$0.80
- 250ml UP & GO \$2.50

**MENU 84 % GREEN
2019 WASCA ASSESSED**

Margarine used only upon request.
Sandwiches, rolls and wraps made using wholemeal bread.
Ingredients are sourced from the school garden when ever possible.

All cheese is reduced fat.
(GF) Indicates gluten free.
(V) Indicates vegetarian.

Volunteer help is always welcomed and appreciated!

MELISSA 0413418037

Warning!
Food may contain traces of Love.

DESSERTS (Available After Lunch)

- YOGHURT \$1.80
- BERRY SORBET POP \$1.00
- FROZEN CHOC BANANA \$1.00
- FROZEN FRUIT KEBAB \$1.00
- FROZEN PINEAPPLE RING \$0.80
- YOGHURT BLOCK \$0.20

- BULLA LIGHT \$2.20
- MOOSIE \$2.20
- ICY POLE \$1.00
- JUICE BLOCK \$0.10



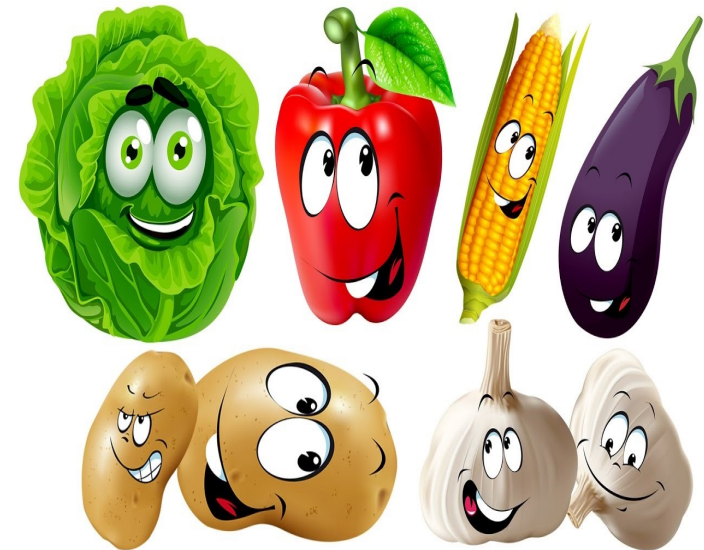
**BIRTH-
PLAT-**

- Pizza (Assorted) \$35.00
- Fruit Platter (Seasonal Assorted Fruits) \$30.00
- Veggie Platter (Seasonal Veggie Sticks Served with Dip & Crackers) \$30.00



**DAY
TERS**

Platter Toppings)



WINTER MENU

OPEN
MONDAY, WEDNESDAY & FRIDAY
TERM 2 & TERM 3 2019

*Please allow 3-5 days notice. Platters will be delivered to child's class. Contact MELISSA 0413418037

*Crest logo my Mitchell Knight

RECESS

* For Years 1- 6 Only *

SPAG CHEESIE	\$1.00
BAKED BEAN CHEESIE	\$1.00
CHEESIE	\$1.00
SNACK CUP	\$1.00
FRUIT CUP	\$1.00
GARLIC BREAD	\$0.80
APPLE SLINKY/FRUIT	\$0.80
PIKELET	\$0.50
POPCORN	\$0.50
YOGHURT	\$1.80
MILO	\$1.00
MILK SIPPAH	\$1.50
HASHBROWN	\$1.00

DAILY SPECIALS

MONDAY

BIRYANI RICE V	\$3.00
(Aromatic rice, served with peas corn and capsicum)	
GRILLED SANDWICH	
CHEESE V	\$2.00
HAM & CHEESE	\$2.50
CHICKEN & CHEESE	\$2.80
(Add Tomato .20c, Add Pineapple .50c or Add Mayo)	

WEDNESDAY

BEEF LASAGNE	\$3.80
GREEN SPAGHETTI V	\$3.00
(Basil, Pepita Seeds and Garlic Pesto)	
*ADD PARMESAN CHEESE .20c *	

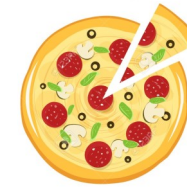
FRIDAY

STUFFED SPUDS	
BAKED BEAN V	\$2.50
SPAGHETTI V	\$2.50
HAM	\$2.80
(All spuds topped with grilled cheese)	
*ADD SOUR CREAM .20c *	
SNACK PIE (Max 4)	\$1.30
SAUSAGE ROLL	\$2.80
POTATO TOP BEEF PIE	\$3.80
SAUCE PORTION	\$0.50

DAILY DELIGHTS

COLD LUNCHES

FILLINGS	S/WICH	ROLL	WRAP
HAM & SALAD	\$3.60	\$3.90	\$4.30
CHICKEN & SALAD	\$3.60	\$3.90	\$4.30
TUNA & SALAD	\$3.60	\$3.90	\$4.30
EGG & SALAD	\$3.60	\$3.90	\$4.30
CURRIED EGG	\$3.20	\$3.50	
CHEESE & SALAD	\$3.20	\$3.50	\$3.80
SALAD	\$3.20	\$3.50	\$3.80
VEGEMITE	\$1.50	\$1.70	
ADD EGG, CHEESE OR BEETROOT			\$0.50



PIZZA

HAWAIIAN	\$3.00
HAM & CHEESE	\$3.00
VEGGIE V	\$3.00
CHEESE V	\$3.00
BBQ CHICKEN	\$3.50

CHICKEN NUGGET PACK	\$3.50
(4 Chicken Nuggets served with fruit and vegetable pack)	
* Tomato Sauce Additional .50c each*	
FISH NUGGET PACK	\$3.50
(4 Fish Nuggets served with fruit and vegetable pack)	
* Tartare Sauce Additional .50c each*	
VEGE SPRING ROLLS PACK V	\$3.50
(4 Spring Rolls served with fruit and vegetable pack)	
* Sweet Chilli Sauce Additional .50c each*	
FRUIT SALAD (Fresh Seasonal Fruit) GF/V	\$3.50
CORN COB GF/V	\$1.20