

# Recess

For Years 1 - 6 Only

Baked Bean Cheesie	\$1.00
Spaghetti Cheesie	\$1.00
Cheesie	\$1.00
Fruit Toast	\$1.00
Fruit Cup	\$1.00
Apple Slinky/Fruit	\$1.00
Pikelet	\$0.50
Popcorn	\$0.50
Yoghurt	\$1.80
Milo	\$1.00
Milk Sippah	\$1.50
Banana Smoothie	\$1.00
Hashbrown	\$1.00



# Daily Specials

Monday - Grilled Sandwiches

Sauces Available: Tomato, Barbeque, Mayonnaise.

Cheese	\$2.00
Vegemite & Cheese	\$2.20
Ham & Cheese	\$2.50
Chicken & Cheese	\$2.80
Add Sliced Tomato, Mushroom or Spinach	\$0.50

Wednesday - Burgers

All burgers come with salad. Please indicate your desired sauce, or, if sauce is not wanted.

Sauces Available: Tomato, Barbeque, Mayonnaise.

Beef Burger - Halal	\$4.30
Chicken Burger	\$4.30
Veggie Burger - Vegetarian	\$4.50
Cheeseburger - Halal	\$4.00
Add Cheese, Pineapple, Beetroot or Mushroom	\$0.50
Mini Slider Burgers Also Available	\$3.50

Thursday - Teriyaki Bowl

All bowls include teriyaki flavoured rice with vegetables.

Teriyaki Rice Bowl - Gluten Free & Vegetarian	\$4.00
Teriyaki Chicken and Rice Bowl - Gluten Free	\$4.50
(Please BYO Fork)	

Friday - Noodles and Pastries

Chicken Noodle Bowl - Vegetarian	\$3.50
(Please BYO Fork)	
Snack Pie (Max 4)	\$1.30
Sausage Roll	\$3.40
Spinach & Ricotta - Vegetarian	\$3.60
Beef Traveller Pie	\$4.00
Tomato, Barbeque, or Sweet Chilli Sauce	\$0.50

# Everyday Lunches

Cold Lunches

Fillings	Sandwiches	Rolls	Wraps
Ham & Salad	\$3.60	\$4.00	\$4.30
Chicken & Salad	\$3.60	\$4.00	\$4.30
Tuna & Salad	\$3.60	\$4.00	\$4.30
Egg & Salad	\$3.60	\$4.00	\$4.30
Curried Egg	\$3.20	\$3.80	N/A
Cheese & Salad	\$3.20	\$4.00	\$4.30
Salad	\$3.20	\$3.80	\$4.00
Vegemite	\$1.50	\$1.70	N/A
Add Egg, Cheese, or Beetroot			\$0.50

Pizzas

All pizzas contain sesame seeds.

Barbeque Chicken	\$3.50
Ham & Cheese	\$3.40
Hawaiian	\$3.40
Cheese - Vegetarian	\$3.20
Veggie - Vegetarian	\$3.20
Garlic Bread	\$1.00



Nugget Packs

All nugget packs include 4 nuggets. Nugget packs are served with fruit and vegetables.

Chicken Nuggets	\$3.50
Fish Nuggets	\$3.50
Veggie Nuggets - Gluten Free, Vegetarian & Vegan	\$4.00
Add Tomato, Barbeque, Tartare, or Sweet Chilli Sauce	\$0.50

Bowls and Sides

Salad Bowl - Gluten Free & Vegetarian	\$3.50
Add Chicken, Cheese, Ham or Egg	\$1.00
Fruit Salad Bowl - Gluten Free & Vegetarian	\$3.50
Corn on the Cob - Gluten Free & Vegetarian	\$1.50
Fruit & Vegetable Pack - Gluten Free & Vegetarian	\$0.50

## Drinks

225ml Hilo Milk	\$2.00
300ml Flavoured Milk	\$2.50
<ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Banana</li> <li>• Strawberry</li> </ul>	



600ml Water	\$1.50
350ml Water	\$1.00
250ml Juice Bomb	\$2.50

### MENU 86% GREEN 2022 WASCA ASSESSED

- Margarine used only upon request.
- Sandwiches, rolls and wraps made using wholemeal bread.
- Bread Products May Include Sesame or Other Seeds.
- Ingredients are sourced from the school garden whenever possible.
- All cheese is reduced fat.
- Gluten free rolls, sandwiches and pizzas available upon request.
- Volunteer help is always welcome and appreciated!

**CONTACT MELISSA: 0413 418 037**

**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



Fro Yo Frozen Yoghurt	\$2.50
Moosie	\$2.40
Icy Pole	\$1.00
Juice Block	\$0.10



## Birthday Platters

*Please allow 3-5 days' notice. Platters will be delivered to your child's class with a gift.*

Pizza Platter	\$35.00
Assorted Toppings	
Fruit Platter	\$30.00
Seasonal Assorted Fruit	
Vegetable Platter	\$30.00
Seasonal Vegetables with Dip and Crackers	

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# WINTER MENU

**MONDAY, WEDNESDAY, THURSDAY & FRIDAY**

**TERM 2 & TERM 3 2022**



**ORDER ONLINE BEFORE 9AM**