

## Summer Menu - Available Everyday

### Recess

Smoothie of the day	\$2.00
Slice of Pizza <i>Ham &amp; pineapple, chilli chicken</i>	\$2.50
Plain Cheesie <i>½ wholemeal round roll with cheese toasted</i>	\$1.50
Baked Bean Cheesie <i>½ wholemeal round roll with baked beans and cheese toasted</i>	\$2.50
Wholegrain Muffins <i>Fruit or Chocolate</i>	\$2.50
Banana Bread	\$2.50
Banana Bread <i>Gluten free</i>	\$2.50
Fruit salad cup	\$2.50
Boiled Egg <i>Free range egg</i>	\$1.00
Garlic Bread	\$1.50
Popcorn <i>Freshly popped corn</i>	\$0.50
Yoghurt <i>Vanilla, Mixed Berry or strawberry</i>	\$2.00

### *Fruit*

Fresh seasonal fruit	\$1.00
Frozen seasonal fruit <i>Pineapple or watermelon</i>	\$0.50
Dried Fruit	\$0.80

### *Drinks*

Bottled Spring Water 600ml	\$2.00
Plain Milk 300ml	\$2.00
Flavoured Milk <i>Chocolate or Strawberry</i>	\$3.00
Nudie 100% Juices <i>Orange, Apple, Tropical,</i>	\$2.50

### After Lunch Sales

Icy Poles	\$0.60
Vanilla ice cream tubs	\$2.00
Frozen fruit	\$0.50

### Lunch

#### **Fresh Sandwiches, Rolls & Wraps**

#### Fillings available

Ham, Chicken, Tuna, Egg or Cheese  
Salad (*incl. lettuce, carrot, tomato, cucumber*)

*Extras Avocado, baby spinach, hummus or grated fresh beetroot*

#### **Sandwich**

One filling	\$4.00
Two fillings	\$4.50
Three fillings	\$5.00

#### **Roll or Wrap**

One filling	\$4.50
Two fillings	\$5.00
Three fillings	\$5.50

Gluten Free available      add    \$1.00  
Extras                                    add    \$1.00

Vegemite roll                                    \$2.50

---

#### **Toasted Sandwich, Rolls and Wraps**

#### Fillings available

Chicken, ham, tuna, baked beans,  
cheese, tomato, corn or pineapple

*Extras Avocado, baby spinach, hummus or grated fresh beetroot*

#### **Toasted sandwich**

One filling	\$4.00
Two fillings	\$4.50
Three fillings	\$5.00

#### **Toasted Roll or Toasted Tortilla Wrap**

One filling	\$4.50
Two fillings	\$5.00
Three fillings	\$5.50

Gluten free available      add    \$1.00  
Extras                                    add    \$1.00

*\*\*Please note that all sandwiches and rolls are wholemeal unless white is requested*

---

**Rainbow salad bowl**                                    \$5.00

#### **Choose one:**

Ham, chicken, tuna, egg or cheese

#### **Salad includes**

lettuce, tomato, grated carrot and cucumber

Extras Avocado, baby spinach, hummus or  
grated fresh beetroot                                    add    \$1.00

## Summer Menu – Weekday Options

### Monday

<i>Chicken Sub</i>	\$5.00
<i>Long white bread roll, crumbed chicken tenderloin, grated carrot, tomato, lettuce and mayonnaise</i>	
<i>Pastries</i>	
Sausage Roll	\$3.50
Spinach and ricotta roll	\$3.50
Meat Pie	\$4.00
Potato Pie	\$4.00
Party Pie	\$1.50
Sauce	\$0.30

### Tuesday

<i>Vegetarian Nachos</i>	<i>Vegetarian sauce, corn chips, cheese and sour cream</i>	\$4.50
<i>Sushi</i>		
Chicken		\$6.00
Tuna		\$5.50
Vegan		\$5.50
<i>Order and pay for sushi by 10am Mondays</i>		
Pizza Single – <i>ham and pineapple</i>		\$3.00

### Wednesday

<i>Beach Burger</i>	\$5.00
<i>Beef pattie, grated carrot, tomato, lettuce and tomato sauce</i>	
Sunshine Burger	\$5.00
<i>Lentil based pattie, grated carrot, tomato, lettuce and tomato sauce</i>	

### Thursday

<i>Vegetarian Fried Rice</i>	\$4.50
<i>Gluten free, rice, corn, carrots, capsicum, peas, spring onions, free-range eggs, GF soy sauce</i>	
<i>Pastries</i>	
Sausage Roll	\$3.50
Spinach and ricotta roll	\$3.50
Meat Pie	\$4.00
Potato Pie	\$4.00
Party Pie	\$1.50
Sauce	\$0.30

### Friday

<i>Pasta - Vegetarian</i>	\$4.50
<i>Pasta – Bolognaise</i>	\$5.00
<i>(both sauces made in canteen)</i>	
<i>Gluten Free Pasta available</i>	add \$0.50
Pizza Single – <i>ham and pineapple</i>	\$3.00